

# Family Meal

## Conversation Starters

These conversation starters will help you connect during family meals!



### Week 1

- How can adults and children show respect to each other?
- What is something you want to learn how to do and why?
- If you could start a new family tradition, what would it be?
- What is one good thing that happened to you today?
- What would you do if you were a King or Queen?

### Week 2

- My dream job/career is... why?
- If I could change something at school/work it would be...
- What teacher will/do you remember and why?
- If you could start a new family tradition, what would it be?
- What was your favorite family vacation, what made it your favorite?

### Week 3

- Describe ways you can show kindness to others at home/school.
- Under what circumstances do you find it hard to say no?
- What makes you angry and how do you express anger?
- How do you know when you can trust another person?
- What are the qualities of a good friend?

### Week 4

- If you could grow any food you wanted to, what would it be?
- If you could have any meal for your birthday, what would you pick?
- Who's the best cook you know?
- What's one thing you are proud of?
- Do you learn more when you win or when you lose? Tell us why.

### Week 5

- If you had \$100, what would you do with it?
- What is a good deed you have done in the past week.
- If you saw the neighbor's house on fire, what would you do?
- What is your favorite place to be in our house?
- What's your favorite thing to do outside?

### Week 6

- What is your first memory?
- Why do people choose to smoke?
- Describe something that happened to you today.
- What are you thankful for?
- Why are certain people popular at school/work?

### Week 7

- What's good about a rainy day?
- What is something (not someone) that bugs you?
- What is your favorite season and why?
- Something I wish my family would do more of is...
- Why are some kids picked on at school?

### Week 8

- What is something you would like to do this year?
- Describe your dream house.
- What or who makes you giggle? And why?
- What is one of your favorite movies or books? Why?
- What makes you feel good about yourself?

### Week 9

- What is the most important thing in being a good friend?
- Does your life feel too busy? Why?
- Does our family seem too busy? What should change?
- What's the best or worst thing about being your age?
- Which is worse: too many or not enough rules? Why?

### Week 10

- What's your favorite physical activity and why?
- What do you think makes a person a success?
- Describe a bully at your work or school.
- What things/people make you happy?
- What is your most valued possession? Why?

### Week 11

- What's your favorite pet and why?
- What is the toughest thing about being a kid/grown-up/parent?
- If you could have any foods for dinner, what would you eat?
- If you were a billionaire what would you do with all of your money?
- What is the hardest thing about being a boy/girl today?

### Week 12

- Describe your perfect day.
- What qualities make someone a good leader?
- What is your favorite sport?
- What is your greatest strength as a family?
- What would be a really good flavor for toothpaste?

### Week 13

- Which famous athlete would you love to meet?
- What's your favorite Disney character?
- What language would you like to learn and why?
- What's your favorite song lyric?
- What's the most important thing in a relationship?

### Week 14

- What subject do you feel you know better than any other subject?
- Do good things come to those who wait?
- What is the one thing you'd most like to change about the world?
- If you could possess one superpower, what would it be?
- In what ways is respect shown/not shown in our family?

### Week 15

- What is the bravest thing you ever did?
- What chores do you like to do?
- What was your most serious illness?
- What is your favorite book and why?
- If you could be any animal, what would you be?