

Conversation Starters

Conversations around the dinner table give family members a chance to learn about each other and show they care. Use these conversation starter cards to engage your family in fun, thoughtful dialogue during mealtimes (or anytime)!

1. To promote meaningful dialogue, select one question to start your discussion.
2. Take turns answering the question so everyone has a chance to share.
3. Move onto the next question and keep the conversation going!



What was the _____
(choose one: funniest, most surprising, most predictable, dullest) thing that happened to you today?

What was the nicest thing you did for someone else today? What was the nicest thing that someone else did for you today?

If you were writing a newspaper article about your day, what would the headline be?

Tell us three words that describe your day today.

In 60 seconds, tell us as much about your day as you can.

Teach us one thing you learned today that you think we don't yet know.

If you won the lottery (or won \$100) what is the first thing you would do with your money?

You are going to be alone on a deserted island for a year and you get to take one book/DVD/CD. What would you take?

Describe your perfect day,
from the time you wake up
until you go to bed.

If you could invent
something that would make
life easier, what would it do?

What movie character would
you want to be?

If you could meet a person
from history, who would it
be?

Tell us the last joke that you
can remember hearing.

If you could be an Olympic
athlete, what would you be?

If you could go on a vacation
anywhere in the world,
where would you go?

If you could make a movie,
what would it be about?

In the movie about your life,
what actor would play you?
Your best friend? Your family
members?

What would you do if you
were invisible for a day?

If you could trade lives with
somebody you know, who
would it be?

How do you describe me to
your friends?

What is the most amazing
thing about you?

Tell us about the best
teacher you ever had.

If a genie would give you
only one wish, what would
you pick and why?

When you feel sad, what
cheers you up?

What are the qualities that make a good friend?

Tell us about your favorite toy.

If you could decorate our whole house, what would it look like?

What is the most enjoyable thing our family has done together this year?

What kinds of foods do you like best to eat for breakfast (lunch or dinner or when we go to a restaurant)?

If you could be any animal in the world for a day, which animal would it be? Why?

What would you like to play after we are finished with this meal? Would you like to play outside or read a book?

What would be the best kind of party you could imagine having for your next birthday? Why?

Do you have a make-believe story that you would like to share with the whole family while we eat together?

Would you like to help plan dinner for tomorrow night? What foods would you like to help cook for dinner?

What made you smile (or laugh or cry or feel sad or feel happy) today? Why?

Who did you sit next to at school (or preschool or childcare) today? What did you talk about?

If you could have a super power, would you rather fly or be invisible? Why?

If our family could have any animal in the world as a pet, what would you like to have? Why?

What foods on the table are crunchy? What foods are chewy? What foods are sweet? What foods are spicy?

If you could be any kind of food, what would you like to be? What would be fun about being that food?

What is one of your favorite colors? Do you see anything on the table that is that color?

What storybooks do you like to read? Is there a special book you would like to read together after dinner?

What was the weather like outside today? What do you think the weather will be like tomorrow?

What makes you different from the person sitting next to you at the table? What makes you the same?

What is the hardest thing you did today? What is the hardest thing you have ever done?

If you could travel anywhere in the world, where would you go? What would you like to see there?

What are your favorite foods we make at home? What other foods would you like to try?

What is your favorite sport to play? Why? What is your favorite sport to watch in person or on TV? Why?

What is a job or a profession that really interests you? Why? Do you know anyone with that job? Who?

What planet or star in the solar system would you like to visit? What do you imagine you would find there?

What is something that makes you afraid? What is something you used to be afraid of but aren't afraid of now?

If you could change one thing that happened to you today, what would it be? How would you make it different?

Do you think it is ever OK to yell at another person? When – or for what reasons?

What new word did you learn today? What does it mean? How would you use it in a sentence?

Describe something our family should plan to do in the future.

What is your current favorite song? Favorite musical group? Why?

Describe one of our family traditions you really like – and one new tradition you would like us to add.

Name someone you admire and share what it is about them that inspires you.

Name 2-3 of the most important people alive (in your opinion) and share why you chose them.

What are our family rules? Why do we need them?

What are some of the rules in Grandma's (or another family member's) house?

What three words would you use to tell another person about yourself? Why those three words?

What are some ways our family can show generosity to others?

If you could set up a reading nook or homework corner anywhere in the house, where would it be and how would you make it comfortable?

If you could be a teacher, what subject would you teach and how would you make learning fun?

What are your favorite ways to relax and unwind?

What's the most hilarious dream you've ever had?

How would you help a friend who needs encouragement?

If you could be an explorer for National Geographic, what area of the world would you most like to explore?

If you could choose your own nickname, what would it be?

If you could plan the kids' menu for a restaurant, what dishes would you serve?

If you were asked to organize a field trip for your class, where would you take them?

What's the best way to spend a rainy day?

What's your favorite thing about fall? Winter? Spring? Summer?

What do you think is the best way to make friends?

What's the most courageous thing you've ever done?

Is there anybody at your school (day care or preschool) who's new or seems to be left out a lot?

What's one thing you'd like to learn or accomplish this year?

Tell us about a compliment you gave or received from someone recently.