

CONVERSATION STARTERS

A month's worth of weeknight conversation starters that will encourage connection through sharing thoughts around the table.

Suggestions on how to use: Cut out all conversation starters on dotted line, fold once, and place into a bowl near the kitchen or dining room. Each day, have a family member choose a paper from the bowl to guide conversation at the dinner table.

 What characteristics or qualities make someone a friend?	 Who was kind to you today? What did they do?	 If you could have changed any part of your day, what would it have been? Why?
 When did you feel proud of yourself or someone else today?	 What's your favorite room in our home? Why?	 Who did you make smile today? What did you do to bring a smile to that person's face?
 What's your favorite memory from a family trip or vacation?	 What are the top three things that you'd want with you if you were lost in the forest?	 What color would you use to describe how you're feeling today?
 When is a time you felt on top of the world?	 What is the spirit animal of each family member at the table?	 If you could only eat one meal that someone in our house makes for the rest of your life, what would it be?
 If you could be another family member for a day, who would you choose to be and why?	 If you could grant each family member at the table any gift in the world, what would it be?	 Where would you want to go for the ultimate family vacation?
 When was the last time you belly laughed?	 Who is your best friend (or good friend)? What makes this person special to you?	 What are three things that happened during your day?
 Who is someone outside the family that you'd like to do something nice for?	 Would you rather go back in time or see the future?	 If you could invite anyone to dinner, who would it be and why?