



Conversation Starters for Families



With today's busy lifestyles it is sometimes hard for families to stay connected and have meaningful conversations. It may seem like a simple, old-fashioned tradition, but recent research shows just how important family meals are. Dinnertime is the perfect time to listen to your children, to find out how their day went, and to delve a little deeper into their thoughts, feelings and imaginations. A recent Columbia University survey found that children and teens who share meals with their families are more likely to do well in school, have more positive peer relationships and have healthier lifestyles.

When you sit down at the table do you have trouble dragging more than a "yes", "no" and "fine"? Here are some conversation starters for the whole family. Cut these conversation starters into strips, and let different family members pick the topic for the dinner conversation.

- 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 and why?
- What would you consider a perfect day? Describe your day from the time you wake up until you go to bed. Where would you be, who would you be with, and what would you be doing?
- What is one thing that you learned today that you would like to teach me (us)?
- If you were president, what are three things that you would change about the country right away?
- If you could invent something that would make life easier, what would it do?
- If you could be an Olympic athlete, what would you be?
- What are some ways you can show kindness to others at home or school?
- What is the most important thing in being a good friend? Why?
- If you could meet a person from history, who would it be? Why?
- If you could go on a vacation anywhere in the world, where would you go?
- If you could change something at school, what would it be? How would you change it?
- What are five things you would take to a desert island?
- If you had the ability to turn into an animal, what animal would you be?