The Dinner Table Project

Unplug | Communicate | Encourage

Conversation Starters

A program for families to eat together, have fun, and grow closer through conversation!

Let's Talk!

What three items could you not live without?

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Who has been your favorite teacher so far?

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If you were making dinner tonight, what would we be eating?

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If you could eat dinner with 5 famous people, who would you pick?

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If you could rate your day on a scale of 1 to 5, what would it be and why?

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What is your favorite thing about yourself?

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If you could get rid of one school subject, what would it be?

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What is your biggest regret/what do you wish you could do over?

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If you could time travel, where would you go?

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What is your favorite memory?

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Who is the nicest person you know, and why?

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What's something you think you're old enough to do that you're not allowed to do yet?

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If you could do one thing every day for the rest of your life and not worry about expenses, what would it be?

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What's the biggest difference between being a kid and a teen?

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If you could be a character from any movie or book, who would you choose? Why?

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What's a dream that you've had that you'll never forget?

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Who is your best friend and why?

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Do you think you are a good friend? Why?

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Would you rather have loads of acquaintances or a few good friends?

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How would you describe a perfect day?

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Do you believe that everyone deserves forgiveness? Why?

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What are you thankful for today?Why?

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If you could go anywhere, where would you go? Why?

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What makes you nervous about how you or your friends are changing?

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What is something you are really good at?

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If you could make a law, what would it be?

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What are you most proud of accomplishing?

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What is your favorite song?

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Did you do something kind for someone else today?

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Who is someone you admire?

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What is your favorite snack?

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What questions do you have about being a teenager?

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What do you think most kids look forward to about their teenage years?

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Do you feel ready for middle/high school? Why?

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What do you think will be the best thing about getting older?

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What is your biggest strength?

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What is your biggest weakness?

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What is your favorite season? Why?

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We encourage families to eat together at least once a week with no electronics!

Children of families that share meals together have better academic performance, higher self-esteem, a greater sense of resilience, lower risk of teen pregnancy, lower risk of depression, lower rates of obesity, and a lower likelihood of developing an eating disorder. If children have better relationships with their parents and siblings, they are less likely to try drugs and alcohol.

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thedinnertableproject.org