



## Conversation Starters

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

## Let's Talk!

**Who do you most admire and  
why?**



## Let's Talk!

**What do you want to  
accomplish in the next 10 years?**



## Let's Talk!

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



# Let's Talk!

**What is one thing you need to work on?**



# Let's Talk!

**Have you ever felt pressure from your friends to do something you didn't want to do or thought was wrong?**



# Let's Talk!

**What is your favorite thing about yourself?**



# Let's Talk!

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



# Let's Talk!

**What makes you happy  
when you're sad?**



# Let's Talk!

**If you could only eat one  
thing for the rest of your life,  
what would it be?**



# Let's Talk!

**What is your favorite  
memory?**



# Let's Talk!

**Who can you talk to when  
you're feeling peer pressure?**



# Let's Talk!

**What are 3 things you're grateful for?**



# Let's Talk!

**What is your favorite season and why?**



# Let's Talk!

**If you could be famous, what would you want to be famous for?**



# Let's Talk!

**If you could plan a family trip, where would we go and what would we do?**



# Let's Talk!

**If you could change anything in the world, what 3 things would it be and why?**



# Let's Talk!

**Do you have a friend who would encourage you to do the right thing regardless of the situation?**



# Let's Talk!

**Do you think you are a good friend? Why?**



# Let's Talk!

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



# Let's Talk!

**How would you describe a perfect day?**



# Let's Talk!

**What's had the greatest impact on your life, good or bad, and why?**



# Let's Talk!

**How can you help someone today/tomorrow?**



# Let's Talk!

**Have you passed up on any chances that you now regret?  
What were they?**



# Let's Talk!

**Think of the worst thing  
that's happened to you...  
what did you learn?**



# Let's Talk!

**What is something you are  
really good at?**



# Let's Talk!

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



# Let's Talk!

**What are you most proud of  
accomplishing?**



# Let's Talk!

**What is your favorite song?**



# Let's Talk!

**Did you do something kind for someone else today?**



# Let's Talk!

**Where in the world would you most like to live?**



# Let's Talk!

**What is your favorite snack?**





# Let's Talk!

**What are you most afraid of?**



# Let's Talk!

**What is your greatest strength/weakness?**



# Let's Talk!

**What's a hobby that you don't currently do that you'd love to learn? What's holding you back?**



# Let's Talk!

**What are 3 really small victories that you've had in the last few days that you're proud of?**



# Let's Talk!

**When do you feel a teen becomes an adult?**



# Let's Talk!

**Do you think it's better to have one great skill you're an A+ at or many skills you're a C at?**



# Let's Talk!

**If you could be invisible for one day, what would you do?**



**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.



**[thedinnertableproject.org](http://thedinnertableproject.org)**