

The Dinner Table Project

Conversation Starters

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



Let's Talk!

What are your
interests/hobbies?



The Dinner
Table Project



Let's Talk!

How were you kind today?



The Dinner
Table Project



Let's Talk!

What is your favorite thing
about yourself?



The Dinner
Table Project



Let's Talk!

**Who is your best friend
and why?**



The Dinner
Table Project



Let's Talk!

**If you had a superpower,
what would it be?**



The Dinner
Table Project



Let's Talk!

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



The Dinner
Table Project



Let's Talk!

What is your favorite song?



The Dinner
Table Project



Let's Talk!

What is your favorite family memory?



The Dinner
Table Project



Let's Talk!

What would you like to be doing 10 years from now?



The Dinner
Table Project



Let's Talk!

What would you do if you were President for the day?



The Dinner
Table Project



Let's Talk!

What is the most important quality in a friend?



The Dinner
Table Project



Let's Talk!

What is your favorite family tradition?



The Dinner
Table Project



Let's Talk!

What is one goal you have for this week?



The Dinner
Table Project



Let's Talk!

You're making a family yearbook, what would each person's title be?



The Dinner
Table Project



Let's Talk!

How did you help another person today?



The Dinner
Table Project



Let's Talk!

What do you like most about the person to your right?



The Dinner
Table Project



Let's Talk!

I love my military family because _____.



The Dinner
Table Project



Let's Talk!

What does the word "service" mean to you?



The Dinner
Table Project



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 or caregivers, and siblings, they are less likely to try drugs and alcohol.

The Dinner
Table Project

thedinnertableproject.org

