

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?



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Let's Talk!

How were you kind today?



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What is your favorite thing about yourself?



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



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



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



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What is your favorite song?



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What is your favorite family memory?



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



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



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What is the most important quality in a friend?



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What is your favorite family tradition?



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What is one goal you have for this week?



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



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How did you help another person today?



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



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I love my military family because _____.



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Let's Talk!

What does the word "service" mean to you?



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

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thedinnertableproject.org

