



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 is your favorite food and why?



The Dinner Table Project

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Let's Talk!

Did you learn anything new today?



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Let's Talk!

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



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Let's Talk!

What is your favorite joke?



Let's Talk!

What was the best part of your day?



Let's Talk!

What is your favorite thing about yourself?



Let's Talk!

If you wanted to make everyone smile, how would you do it?



Let's Talk!

**If the sky could rain food,
what food would you like for
it to rain down?**



Let's Talk!

**If you could time travel,
where would you go?**



Let's Talk!

**What is your favorite
memory?**



Let's Talk!

**Who is the nicest person you
know, and why?**



Let's Talk!

What are you most thankful for?



Let's Talk!

If you could be on a TV show, which one would it be?



Let's Talk!

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



Let's Talk!

What is the best thing about being a kid?



Let's Talk!

If you could invent a dance move, what would it be?

Show me!



Let's Talk!

Who is your best friend and why?



Let's Talk!

Do you think you are a good friend? Why?



Let's Talk!

What is your favorite thing about your family?



Let's Talk!

How would you describe a perfect day?



Let's Talk!

If you love someone, what are the ways you can show it?



Let's Talk!

How can you help heal Earth?



Let's Talk!

Where is your favorite place to go on holidays?



Let's Talk!

Would you rather be able to read people's minds or be invisible?



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!

You have the power to grant one wish to someone, who would you choose?



Let's Talk!

What is your favorite snack?



Let's Talk!

Would you rather be as fast as a leopard, or as strong as an ox?



Let's Talk!

If you had a pet dinosaur, what would you call it?



Let's Talk!

Which animal do you think would be a good driver?



Let's Talk!

If you could build anything in our backyard, what would you build?



Let's Talk!

Who do you want to be like when you grow up?



Let's Talk!

If you could make your own movie, what would you call it?



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