



Mealtime Conversation Starters

**FOR EDUCATORS
& FAMILIES**

ACTIVITY: Communication & Engagement

Mealtime Conversation Starters

– An Activity For Educators & Families

PURPOSE:

Mealtime is the perfect time to connect! But are you stuck on typical questions like “How was your day?” or “What did you do at school today?” and are tired of getting one-word answers like “Fine” Or “Nothing”?

Mealtime Conversation Starters help to get a real, meaningful and engaging discussion going at your next meal!

Cut out these conversation starters and place them in a container to make your own conversation jar!



CONVERSATION STARTERS



Tell the story about how you got your name.

What will you be doing in 10 years?

What was your first thought when you woke up today?

If you could have one superpower, what would it be?

What's something you couldn't do when you were younger that you can do now?

What's your favourite thing to do as a family?

"After being in Harry Potter, I believe a bit more in magic than I did before," said the actor who played Ron Weasley. Do you believe in magic? Explain your answer.

If you could change one family rule, what would you change?

Who is/was your favorite teacher and why?

If you could switch places with one person for a day, who would it be?

Maya Angelou once said, "If you don't like something, change it. If you can't change it, change your attitude." What do you think she meant by this? Have you ever had to do this?

What advice would you give to a younger sister or brother?

What is the greatest song ever written and why?

If you could give everybody in the world one piece of advice, what would you say?

What is your favourite season? What do you like about it?

If you could be any animal, which one would it be and why?

What's a small thing that makes you feel happy?

What is your favourite family tradition and why?



CONVERSATION STARTERS



If you could become invisible, what would you do?

If you were asked to organize a field trip for a class, where would you take them?

Would you rather slide down a rainbow or jump on a cloud?

Who is the funniest person you know?

What abilities do you have that you are grateful for? Why are you grateful for it?

If you could make a movie, what would it be about?

Who did something nice for you today? What was it?

What is the most beautiful place you have ever seen?

What is one of your favourite all time memories?

If you could have a character from a book or movie as a best friend, who would it be? Why?

What qualities do you think make a good friend?

If you could invent something that would make life better, what would it do?

What is your favourite word and why?

What's the best meal your mom or dad cooks?

What is one chore you enjoy?

If you could start a new family tradition, what would it be?

If school/ work was cancelled tomorrow and you could do anything you wanted, what would you do?

What area of the world would you like to explore?



CONVERSATION STARTERS



What's the best way to spend a snow day?

"Don't judge a man until you have walked a mile in his shoes." What does that phrase mean?

What are you looking forward to this week?

We use lots of words that aren't in the dictionary. What's your favourite made up or slang word?

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

If you were asked to organize a field trip for a class, where would you take them?

What do you want to accomplish by your next birthday?

How would you describe yourself to someone who has never met you?

What is your favourite song to sing?

What was your favourite thing that you learned this year (either in school or outside of it)?

What was your favourite part of your day?

If you could have a character from a book or movie as a best friend, who would it be? Why?

What is your favourite topic to discuss?

What is your favourite way to travel? (Bike, car, on foot, plane, train, etc.)

What is your favourite hobby?

What special talent(s) do you have?

What does 'open-minded' mean? Do you know someone who is open-minded?

When you are really upset, what helps calm you down?



CONVERSATION STARTERS



What does your teacher do really well?

What was the best gift you ever received and why?

Do you think it's more fun to be a parent or a child?

What is the luckiest thing that has ever happened to you?

What subject are you taking that you wish you could do more of?

What is your favourite smell in the world?

Did anyone read anything today that was surprising, upsetting or interesting?

How would you define "freedom"?

What is the one thing you couldn't live without?

What's the best way to spend a rainy day?

If you could easily learn another language overnight, what would it be?

What do children know more about than adults?

What is your favourite thing to do outside?

What is something you'd like to learn how to do and why?

What does it mean to be brave?

What is the most important thing in your life?

If your life had a theme song, what would it be?

If you were writing a newspaper article about your day, what would the headline be?



CONVERSATION STARTERS



Who is your favourite character from a book, movie, or TV show?

What is something you love doing?

What is the most courageous thing you've ever done?

Talk about two things for which you felt thankful or grateful for today.

How can you show someone that they are special to you?

Would you rather run like a cheetah or slide like a snail?

If you had to teach a class for a day, what subject and activities would you choose?

What's the one thing you couldn't live without?

What great book have you read lately?

What was the hardest thing you had to do today?

If you could build anything in your yard what would it be?

If you could change one thing in the world what would it be?

Describe yourself with one word.

What's the smartest thing you heard somebody say today?

What can you give or do for someone that doesn't cost any money?

What's something nice someone said to you lately?

What was your least favourite part of today?

What's the best thing that has ever happened to you?



