



40 Conversation Cards for Dinnertime
by Thriving Home (thrivinghomeblog.com)

Statistics show that children in families who eat together regularly do better in life in almost every way—socially, emotionally, and physically. One way to use dinnertime intentionally is to have some great conversation starters. We hope these 40 discussion cards will give you ideas for connecting in fun and sometimes deeper ways around the table.

Find family-friendly recipes and parenting ideas at thrivinghomeblog.com.

• PRESCHOOL EDITION •

Would you rather be a fish or a bird? Why?

• PRESCHOOL EDITION •

What is your favorite game to play?

• PRESCHOOL EDITION •

What do you want to be when you grow up?

• PRESCHOOL EDITION •

If you could make dinner for our family, what would you make?

• PRESCHOOL EDITION •

What do you like to do best with your parents?

• PRESCHOOL EDITION •

Would you rather be a policeman or a fireman? Why?

• PRESCHOOL EDITION •

Which do you like better, Christmas or your birthday? Why?

• PRESCHOOL EDITION •

What is your favorite book to read with your parents?

• PRESCHOOL EDITION •

Have every person at the table make their silliest face.

• PRESCHOOL EDITION •

If you could fly, where would you go?

• PRESCHOOL EDITION •

What is your favorite color? Do you see it in this room?

• PRESCHOOL EDITION •

If you only had one toy, what would it be? Why?

• PRESCHOOL EDITION •

If you could have an animal from the zoo as a pet, which one would you want?

• PRESCHOOL EDITION •

Sing your favorite song using your fork or spoon as a microphone.

• PRESCHOOL EDITION •

How fast can you say
the alphabet? Show us.

• PRESCHOOL EDITION •

Who is a good friend
to you? Why?

• PRESCHOOL EDITION •

If you were the size of
a mouse, where in our
house would you live?

• PRESCHOOL EDITION •

Would you rather go
swimming all day or
play on the playground
all day?

• PRESCHOOL EDITION •

Would you rather ride a
horse or a camel? Why?

• PRESCHOOL EDITION •

Do your best impression
of barking like a dog.

• PRESCHOOL EDITION •

Would you rather have
stripes like a tiger or
spots like a leopard?

• PRESCHOOL EDITION •

Would you rather
have a long neck like a
giraffe or a trunk like
an elephant?

• PRESCHOOL EDITION •

If you could make rain drops taste like anything, what flavor would they be?

• PRESCHOOL EDITION •

Would you rather play at the beach or in the snow?

• PRESCHOOL EDITION •

See if you can pat your head and rub your belly at the same time.

• PRESCHOOL EDITION •

Would you rather travel in a train or an airplane? Where would you go?

• PRESCHOOL EDITION •

If you could spend the day with one person, who would it be? What would you do?

• PRESCHOOL EDITION •

What is your least favorite thing to do?

• PRESCHOOL EDITION •

See if you can go 60 seconds without smiling.

(Everybody at the table try your best to get them to laugh.)

• PRESCHOOL EDITION •

What is something that made you laugh today?

• PRESCHOOL EDITION •

What is something you like about daddy?

• PRESCHOOL EDITION •

What is something you like about mommy?

• PRESCHOOL EDITION •

Name 3 things that are fun for you.

• PRESCHOOL EDITION •

What makes you feel loved?

• PRESCHOOL EDITION •

What were you excited about when you got out of bed this morning?

• PRESCHOOL EDITION •

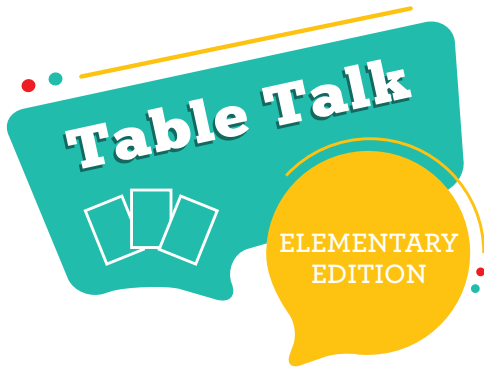
What makes you feel safe when you are afraid?

• PRESCHOOL EDITION •

Would you rather wrestle a lion or fight a shark?

• PRESCHOOL EDITION •

If you could grow anything in the yard, what would it be?



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• ELEMENTARY EDITION •

What is your favorite season? Why?

• ELEMENTARY EDITION •

Who do you play with at recess? What do you play?

• ELEMENTARY EDITION •

What has been your best birthday party?

• ELEMENTARY EDITION •

What is your favorite sweet treat?

• ELEMENTARY EDITION •

Describe your favorite meal we eat at home.

• ELEMENTARY EDITION •

Would you rather skip or tip toe everywhere you go?

• ELEMENTARY EDITION •

What is your favorite movie?

• ELEMENTARY EDITION •

Would you rather have the ability to fly or be invisible?

• ELEMENTARY EDITION •

If you had three wishes, what would they be?

(Can't be for more wishes.)

• ELEMENTARY EDITION •

If you could play any musical instrument, which would it be?

• ELEMENTARY EDITION •

How could you be kind to someone tomorrow?

• ELEMENTARY EDITION •

Share one thing you like about each person at the table.

• ELEMENTARY EDITION •

What was the best thing that happened to you today? What was the worst thing?

• ELEMENTARY EDITION •

Stare at one person at the table and see who blinks first.

• ELEMENTARY EDITION •

If you could invent any animal, what would it be? Describe it.

• ELEMENTARY EDITION •

What could someone invent that would make your life easier?

• ELEMENTARY EDITION •

If your clothes were only two colors, which colors would you pick?

• ELEMENTARY EDITION •

Would you rather be funny or smart? Why?

• ELEMENTARY EDITION •

Would you rather build a sandcastle or a snowman? What would you build?

• ELEMENTARY EDITION •

If we added a sibling to our house, would you rather it be a brother or a sister?

• ELEMENTARY EDITION •

What are you looking forward to the most about being a grown up?

• ELEMENTARY EDITION •

What are you most afraid of?

• ELEMENTARY EDITION •

If you were free to do anything you wanted all day, what would you do?

• ELEMENTARY EDITION •

If you could change one thing about school, what would it be?

• ELEMENTARY EDITION •

What is something that you need an adult's help with that you would like to do on your own?

• ELEMENTARY EDITION •

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

• ELEMENTARY EDITION •

Share about a time you had to be brave.

• ELEMENTARY EDITION •

If you could choose a different name for yourself, what would it be?

• ELEMENTARY EDITION •

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

• ELEMENTARY EDITION •

Have you ever had trouble doing something at first, but kept at it until you figured it out? What was it?

• ELEMENTARY EDITION •

What is something that someone in our family does for you that makes you feel loved?

• ELEMENTARY EDITION •

What kind of qualities make someone a good friend?

• ELEMENTARY EDITION •

What is one of your favorite stories about our family?

• ELEMENTARY EDITION •

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

• ELEMENTARY EDITION •

What's a favorite summer memory you have?

• ELEMENTARY EDITION •

Describe your dream vacation.

• ELEMENTARY EDITION •

If someone gave you \$100,000, what would you do with it?

• ELEMENTARY EDITION •

If you could pick one restaurant to eat at every week, which one would you choose?



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• TWEENS + TEENS EDITION •

Would you rather spend all day riding roller coasters or riding water slides? Why?

• TWEENS + TEENS EDITION •

Describe your perfect day.

• TWEENS + TEENS EDITION •

What would your dream job be? Why?

• TWEENS + TEENS EDITION •

Would you rather have a million dollars and no true friends or have no money and lots of true friends? Why?

• TWEENS + TEENS EDITION •

If you could compete in the Olympics, what event would you choose?

• TWEENS + TEENS EDITION •

If you could pick one store to buy all your clothes from for the rest of your life, which store would it be?

• TWEENS + TEENS EDITION •

Who has been your favorite teacher?
What made them your favorite?

• TWEENS + TEENS EDITION •

What character traits do you see in your friends that you would like to have?

• TWEENS + TEENS EDITION •

What is the most challenging thing you've accomplished so far?

• TWEENS + TEENS EDITION •

What do you want your life to look like in 10 years?

• TWEENS + TEENS EDITION •

Would you rather have no internet or no air conditioning?

• TWEENS + TEENS EDITION •

If you had to move to a different country, which one would you pick?

• TWEENS + TEENS EDITION •

What accomplishment in your life are you most proud of? Why?

• TWEENS + TEENS EDITION •

What do you think the next great invention should be?

• TWEENS + TEENS EDITION •

What is the best book you have ever read? Why?

• TWEENS + TEENS EDITION •

Would you rather live in a huge house with no furniture or a small house that is fully furnished?

• TWEENS + TEENS EDITION •

If you could attend any concert, who would you see?

• TWEENS + TEENS EDITION •

Would you rather attend your dream college but go into debt or attend another college for free?

• TWEENS + TEENS EDITION •

What has been your most challenging school year? Why?

• TWEENS + TEENS EDITION •

If you were to start a business, what would it be?

• TWEENS + TEENS EDITION •

Would you rather be the most popular or the smartest kid in your school?

• TWEENS + TEENS EDITION •

Star Wars, Star Trek, or stargazing, which do you prefer? Why?

• TWEENS + TEENS EDITION •

If you could speak a second (or third) language, which would it be?

• TWEENS + TEENS EDITION •

Who would you go back in time to talk to? What would you talk about?

• TWEENS + TEENS EDITION •

If you could ask God one question, what would it be?

• TWEENS + TEENS EDITION •

What is your most vivid and happiest childhood memory?

• TWEENS + TEENS EDITION •

Why are you thankful for your dad?

• TWEENS + TEENS EDITION •

Why are you thankful for your mom?

• TWEENS + TEENS EDITION •

Would you rather solve world hunger or bring world peace?

• TWEENS + TEENS EDITION •

What is more frightening: speaking in front of a crowd or speaking to a total stranger? Why?

• TWEENS + TEENS EDITION •

Would you rather lead people who are unwilling to follow or follow a bad leader? Why?

• TWEENS + TEENS EDITION •

What is the funniest thing that has ever happened to us as a family?

• TWEENS + TEENS EDITION •

Do you know about any jobs that your parents had before what they do now?

• TWEENS + TEENS EDITION •

If you woke up tomorrow and could do one thing that you can't do now, what would it be?

• TWEENS + TEENS EDITION •

How do you know when you can trust another person?

• TWEENS + TEENS EDITION •

What character in a children's book did you most identify with as a child?

• TWEENS + TEENS EDITION •

What do you feel most grateful for?

• TWEENS + TEENS EDITION •

What was the best year of your life so far? Explain.