

49 Dinner Questions to Get those Little Ones

Laughing and Talking:

1. If you could go into any TV show – what show would you want to visit?
2. If you could only eat one fruit forever – what fruit would it be?
3. What are three words you would use to describe yourself?
4. What do you think you are good at?
5. If you had to pick only one – would you want to be a great singer or a great dancer?
6. If you went to another planet – what would you bring with you?
7. If you were a teacher what rules would you make?
8. If you could make your whole house out of food – what food would you use?
9. If you could have one super power what would it be?
10. If you could be an animal what would you be?
12. Who is the nicest person you know?
13. If you could be anyone when you grew up – who would you want to be?
14. If you could be your favorite cartoon character – who would you be?
15. Which is better – being invisible or being able to fly?
16. What's one rule you wish your mom and dad didn't have?
17. If we could only have one holiday – which one would you pick?
18. If you could go anywhere in the world – where would you go?
19. What do you like the most about your sister/brother/mother/father?
20. If your pets could talk – what would they say?
21. If you could only have one wish – what would it be?
22. If you could read someone's mind – whose mind would you want to read?
23. If you were invisible – where would you want to go?
24. If you could play with only one thing your whole life – what would you pick?
25. If you could only read or listen to one book – what would you pick?

26. If you could have any job in the world – what would it be?
27. If you had to have no arms or no legs – which would you pick?
28. What scares you the most?
29. If you could turn someone nice – who would it be?
30. If you could be great at something – what would you want to be great at?
31. If you could be any age – what age would you want to be?
32. If you could make the laws – what is one law you would definitely create?
33. If you could only be one age for the rest of your life – what age would you want to be?
35. If you could live anywhere – where would you live?
36. If you could make any animal talk, what would it be?
37. If you had to change places with your mom or dad – who would you pick to be?
38. If you could only have Christmas or your Birthday each year – which one would you pick?
39. What is your most favorite memory so far?
40. How many kids do you think you'll have when you grow up?
41. Which is better to be – funny or honest?
42. If you could make one improvement to the world – what would it be?
43. If you had to teach someone something – what could you teach?
44. What's your funniest face?
45. Who is the funniest person at the table?
47. What relative do you love seeing the most?
48. If you could make three family rules – what would they be?
49. If you had to rename yourself – what name would you give yourself?

Conversation Starters for families with older kids:

1. What was the best part of your day?
2. If you could travel anywhere in the world, where would it be?
3. If you could be a famous person for a week, who would you be and why?

4. If you could have any superpower, which would you choose?
5. If you had one wish (and you can't wish for more wishes), what would you wish for and why?
6. If you could eat just one food every day for a month and nothing else, what would it be?
7. What is your biggest fear?
8. What is one way you helped another person today?
9. If you could trade places with your parents for a day, what would you do differently?
10. If you could have one dream come true, what would it be?
11. If you could pick your own name, what would it be?
12. If you could be animal, what would you be and why?
13. Which character in a book best describes you and why?
14. If you could see your future, where will you be in ten years?
15. If you had a time machine for a day, what would you do with it?
16. If you could have any pet, what would you choose and why?
17. What is your favorite childhood memory?
18. What three words would you use to describe yourself?
19. What are the qualities that make you a good friend?
20. What is the nicest thing a friend has ever done for you?
21. What is your favorite movie and why?
22. What is your favorite family tradition?
23. What is your favorite sport to play?
24. If you could play any instrument, what would it be and why?
25. What is your favorite holiday and why?
26. What is one thing you are grateful for today?
27. What is your favorite book and why?
28. What has been the happiest day of your life so far and why?
29. What do you want to be when you grow up and why?
30. Where would you like to go on our next family vacation?
31. What is one thing you could have done better today?
32. Who is one person in your life you are thankful for and why?
33. What is the craziest thing you've ever eaten?
34. What is your earliest memory?
35. What is your most embarrassing moment?
36. What is your least favorite chore?
37. If you could only eat three foods the rest of your life, what would they be?
38. If you could have dinner with anyone (past or present), who would it be and why?
39. If you could stay up all night, what would you do?
40. What is the most beautiful place you have ever seen?
41. What is one thing you couldn't live without?
42. Who is your best friend and why?
43. If you had to live in another country, which one would you choose?
44. What is your greatest talent or ability?
45. What two items would you grab if your house was on fire?
46. If you could travel back in time, where would you go?
47. What is something you want to learn how to do and why?
48. What would you do if you were a king or a queen?
49. If you were invisible for a day, what would you want to observe?
50. If you had the attention of the world for just 10 seconds, what would you say?

There are some great questions here with some really hard-hitting questions as you go further down (sex, drugs, body image, ethics, etc.)...probably best discussed while out for coffee rather than at the dinner table. However, I love some of the other questions about family, values & character, school & learning.

Getting to Know Your Child

- What are the three most interesting things about you?
- Name five reasons you're glad to be alive.
- If you could have any super power, what would it be and why?
- If you had a time machine for a day, what would you do with it?
- What's your favorite song? Why?
- What do you want to be when you grow up? Why?
- What's your favorite movie? Why?
- Why do you think kids put rings in their eyebrows and noses and bellybuttons?
- How about tattoos?
- Do you think you would ever want to do that? Why or why not?
- If we could go anywhere you wanted on vacation, where would you choose? Why?
- If you could have a conversation with anyone in history, who would it be?
- What would you want to ask them?
- What is your earliest memory?
- What are you most proud of?
- If you could change one thing about your appearance, what would it be?
- Is there anything about you that inspires other people in any way?
- What is your idea of an ideal day?
- If you were invisible where would you go and what would you do?
- What is a quality you wish you could have more of?
- If you could ask anyone for help, who would it be and why?
- What scares you the most and why?
- What makes you feel better?
- What do you worry about the most?
- What is your biggest goal this year?

Your Relationship with Your Child

- What is your favorite thing about our relationship?
- What is your least favorite thing about our relationship?
- Do you think you can tell me anything?
- If you got into really big trouble, how do you think I would respond?
- Is there something I can do better that I am not doing now?
- Do you feel like you could talk with me about anything at all?
- If we had a special day together what would you want to do?
- Do I ever embarrass you?

Family

- How do you think your friends' families compare to ours? Are they about as close? Closer? More distant? Why do you think that?
- Do you think your friends talk to their parents?
- What do you think makes a family close?
- On a scale of 1 to 10, how strict are the parents in this family? What is the ideal number?
- Is the discipline in our family fair?
- What's the best thing about our family?
- If you could change one thing about your parents, what would it be?
- What are the most important things your parents have taught you?
- What do you think are the most important qualities of a good parent?
- What do you think makes a happy family?
- Tell each person in the family why you're glad they're part of the family.

- How do you think our family is the same or different from other families?
- Do you want to have kids when you grow up? Why or why not?
- What kind of parent will you be?
- Do you think you will be close to your siblings when you grow up?
- How many of your ancestors can you name and what do you know about them?
- What is your favorite family tradition?
- What three words do you think best describe our family?

Blended Families

- Do blended families take more work? Can they be as happy as birth families?
- Do you ever miss your dad?
- Do you think things would be different if your dad was still with us and I had never met your step-dad? How?
- Even though your step-dad is not your biological dad, you know he adores you. Do you feel close to him?
- You know, to your little sister you are completely her sister, not her stepsister. Do you feel that way, or is it different for you? Do you feel close to her?
- When you both grow up, do you think you will stay connected?
- Do you think it's harder for adopted kids than birth kids?
- Do you think it's a good idea for adopted kids to look up their birth parents? Why or why not?

Values & Character

- What traits do you most admire in other people?
- Did you help anyone today?
- Did you have a chance to be kind to anyone today?
- Is it hard to make the choice to be kind sometimes?
- Do you think it's okay to lie about your age to get into an Amusement Park with a cheaper ticket? Is it ever ok to lie?
- Do you think your parents ever lie?
- What kinds of lies do your friends tell their parents?
- Does it matter if a person makes a moral or immoral choice, if no one ever knows?
- Is it ever ok to cheat, in academics, sports, business?
- Do adults automatically deserve respect? How do you earn respect?
- What could our family do that would make the world a better place?
- What do you think the biggest problem in the world is? How about in our country?
- How would you change the world if you could?
- What do you think the "take-away" message of this movie is?
- Do you admire the hero in this movie? Why or why not?

School & Learning

- Who is or was your favorite teacher? Why?
- Do you think there is a difference between being smart and being wise?
- What are the best and worst things about school?
- What do you know how to do that you could teach someone else?
- How common do you think cheating is at your school?
- What would you do if all the other kids were planning to cheat on the final and you knew that doing so would lower your grade?
- What do you think makes the most difference in how kids do at school? Hard work, innate ability, parental supervision, peer attitudes, how good the school is?
- Do you think it makes sense to admit students to a college based only on academic achievement or should an attempt be made to achieve racial and ethnic diversity as well?
- Do you think kids from wealthier school districts have an unfair advantage?
- What do you think about home-schooling?

Emotions

- Do you know what EQ (emotional intelligence quotient) is? If someone has a high EQ, what are they like?
- Are you able to tell me or others when you are upset?
- How do you feel when someone is angry with you? How do you act?

- Are you a "cup is half full" or "cup is half empty" kind of person?
- What do you do to cheer yourself up when you feel down?
- Have I never not noticed when you're sad?
- What is the best way for me to help you when you feel grumpy?
- When do you like me to hug you? When does it embarrass you?
- What hurts your feelings? How do you act when your feelings are hurt?
- When you get really angry, how do you help yourself calm down?
- When you make a mistake, are you able to repair things so that you end up feeling ok?
- What are the different kinds of courage? How do you define bravery?

Drug and Alcohol Use

- Why do you think it's illegal for kids under the age of 21 to drink alcohol? After all, many parents do it.
- Why are marijuana and other drugs illegal?
- What would you do if you were in a car and the driver had been drinking or smoking marijuana?
- What if the driver was a grown-up, like your friend's parent?
- What do you think happens in the brain when people smoke marijuana? Why shouldn't kids smoke it?
- Have you ever thought that I drank too much? Acted differently when I drank alcohol?
- When do you think kids are ready to try alcohol?
- Do you know any kids or adults who you think have alcohol or drug problems?
- When do you think kids are ready to try alcohol?
- Do you know any kids who have tried alcohol or drugs, what do you think of them?
- What do the kids at your school do at parties?
- Have you been to a party like that? Have you ever been offered a drink? A marijuana cigarette or other drugs?
- How did you handle it?
- What would you do if you were at a party and someone passed out from drinking alcohol?
- Would you be worried about becoming addicted to alcohol or drugs?
- Do you think coffee is a drug? When do you think it's ok for kids to start drinking coffee?

Friendship & Peers

- Who is your best friend and why?
- What traits do you look for in friends?
- Do you think you're good at making friends?
- Where do you consider yourself on the shy to outgoing continuum?
- Do you think there is a such thing as peer pressure? Do you ever feel peer pressure? Do you think some people are more susceptible to peer pressure than others? Why do you think that is?
- What do you think makes a person popular? Are wealthier kids more popular? Kids who mature faster?
- Are you popular? Why or why not? Would you like to be?
- What do you think leadership is? What makes a good leader?

Love, Sex & Marriage

- At what age do you think people can fall in love? At what age should people marry?
- Do you think people should be married to have sex? If not, how should they decide whether they're ready?
- What do you think changes when you have sex?
- How do you think love is different in real life than it is in the movies?
- What would be most important to you in looking for a spouse?
- Do you think any of the kids at school are not virgins? What do you think about that?
- Do kids at your school actually "date"? What do you think about the idea of "friends with benefits"? Does the girl benefit as much as the guy?
- Do you think girls and guys have the same needs from sex and relationships?
- Do you know anyone who's gay? Does anyone treat them differently? What do you think about that?
- Why do you think people get divorced? How do you think it affects the kids?

Body Image and Gender Roles

- How do you think ordinary peoples' bodies compare to the models and actors on TV? How does it make you feel to watch them?
- What do you think of the way girls and guys in high school dress these days?

- Do you think girls look better with or without makeup?
- Is there a difference between "attractive" and "hot"? Between "hot" and "sexy"?
- How would you define "sexy"? Is it important to be "sexy"? Are some of the kids at school sexy? How does someone know if they're sexy? Is it important that your future boyfriend or girlfriend be sexy?
- What are the most important qualities you would want in a boyfriend or girlfriend?
- Do you think most girls are glad when they reach puberty? Why or why not? Do you think most guys are glad when they reach puberty? Why or why not?
- What's the hardest thing about being a girl?
- What's the hardest thing about being a boy?
- Do you know anyone with an eating disorder? Why do you think kids develop eating disorders? Why do you think there's such an emphasis on thin-ness in our society?
- Can you name three things that you really like about yourself that have nothing to do with what you look like?
- When do you feel the most proud of who you are?

Spirituality

- Do you believe in God? Why or why not? If so, how do you picture God?
- Do you ever talk to God?
- Is spirituality the same as religion or different?
- Has religion played a positive or negative role in history?
- Do you have good friends who practice religions that are different from ours? Acquaintances? How are you like them? How are you different?
- Do you think there is one best religion? Why or why not?
- What do you think happens after death?
- What do you think is the meaning of life? Why are we alive?
- How will you know if you've had a successful life?

Family Preserves: 99 Conversation Starters for Kids

Cut the conversation topics from below into narrow strips. Fill a jam jar with the slips and place on the dinner table. When conversation lags (or while Mom is dishing out the food) draw a question to ask each other.

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What was the best part of your day? What was the worst?

What is your favorite game to play?

If you could be any type of sandwich what would you be and why?

What is your favorite thing to do outside?

If you could be anywhere right now where would you be? What would you be doing?

What is your favorite animal? Why?

What is the silliest face that you can make?

What is your favorite song? Why do you like it?

What was the best dream you ever had?

Where do you like to go in the car?

If we were at the grocery store, what would you like to buy?

How many animal noises can you make?

If you could have any "super-hero" power, what would you have?

How high can you count?

If you could make three wishes, what would they be?

Who do you love? Why?

What is your favorite smell? What is the yuckiest thing you've ever smelled?

What is your favorite weather? Why do you like that weather?

When did you last say, "uh-oh"? What happened?

What is the messiest part of the house?

When was the last time you were silly? What did you do?

If you could be any animal which one would you be?

What do you want to be when you grow up?

What would you do with a million dollars?

What do you like most about Pascha?

What is something that you don't like?

What is your favorite movie or TV show?

If you could only keep one book which one would you keep?

What is your favorite time of day? Why?

What is the best gift that you ever received? What made it special?

What do you like the most about Christmas?

What is your favorite outfit? What do you like about it?

Have you ever lost something you really liked? What did you do?

What is the coolest thing you have ever seen?

If money were no object, what would you want to buy?

What sound annoys you the most?

What is the longest walk you have ever taken?

Name someone that you trust. Why?

What is your favorite color?

What is your favorite ice cream?

What would you like to learn to do?

What should we do more of as a family?

What color is the happiest color? What makes it happy?

What do you enjoy doing with your family?

What was the best party you ever went to? What made it fun?  
What would you do if you had no TV?

When you are afraid what do you do?

What is your favorite food?

If you could re-name yourself, what would you like to be called? Why?

What is your favorite color?

Tell us a memory of something you did with us?

What is the first thing that you remember about Daddy (or a sibling)?

How can we tell that you are happy? What do you do?

What is one thing that you do not want to sell, for any price?

What is the best surprise you ever had?

What was your favorite thing of the summer?

What was your favorite thing of the winter?

What do you do when people stare at you?

Do you pretend to be someone? Who? Why?  
Describe something silly that happened to someone else.

What is the best thing that ever happened to you?  
What is your favorite candy?

What is the funniest thing that ever happened to you?

Tell us of a time that you were silly.

What is the prettiest thing you have ever seen?

If you joined the circus, who would you like to be? What act would you do?

What would you like to collect?

What are you thinking about right now?

Who is the funniest person you know?

What is your favorite room in the house? Why?

What is the best gift you have ever given someone? What made it special?

What is your favorite place in the house?

What do you like the most about Thanksgiving?

If you could be any vegetable, what would you be?

What was the nicest thing someone has ever done for you?

What is your favorite restaurant? What is your favorite thing to order?

What do you do if you see someone treated unfairly?

What is something special you want to do for a friend?

What makes you smile?

What is your favorite thing to do with your Mom, Dad (or a sibling)?

What is the nicest thing someone has done for you?

If you could have any animal for a pet which one would you choose?

How would you describe yourself to someone who hasn't met you?

What is your favorite chore to do in the house? Which is your least favorite chore?

If you could go on a trip somewhere, where would you go?

What superhero would you want to be and why?

If you could play any instrument, which would you choose, and why?

What was the most disgusting thing you have ever eaten?

What is the most beautiful man-made object?

What is the best thing that happened to you last year?

Who is the richest person in the world? How do you know they are rich?



The poster features a logo at the top left consisting of two stylized human figures in blue and purple. To the right of the logo, the text reads "Family Wellness Ministry CHALLENGE" in a serif font. Below this is a dark red banner with the title "Reclaiming The Family Dinner One Meal At A Time" in white, bold, sans-serif font. The central image shows a family of four (a man, a woman, and two children) sitting at a dining table with plates of food, smiling and talking. A small religious icon is visible on the wall behind them. Below the photo is another dark red banner with the slogan "Face-to-Face ~ Heart-to-Heart" in white. The bottom section is dark blue and contains three columns of text and icons: "Pray Together before Meals" with a religious icon, "Keep the Table Tech Free" with a red prohibition sign over a smartphone, and "Heart-to-Heart Conversations" with a photo of two people talking. At the very bottom, the website address "www.familywellnessministry.org" is written in yellow.

Family Wellness Ministry CHALLENGE

**Reclaiming  
The Family Dinner  
One Meal At A Time**

**"Face-to-Face ~ Heart-to-Heart"**

Pray Together before Meals      Keep the Table Tech Free      Heart-to-Heart Conversations

[www.familywellnessministry.org](http://www.familywellnessministry.org)