

# dinner conversation starters



*Studies have shown how important food and community are for humans. It's important for children to experience regular family meals to give them a sense of stability and to open the doors for communication. It's important for adults to commune around a meal to provide that human connection and to ward off feelings of isolation. Break out these conversation starters over a shared meal to get closer to the people you care about.*



**1** TELL ME ABOUT A TIME WHEN YOU HAD TO BE REALLY BRAVE.

**2** IF YOU COULD ONLY KEEP 3 ITEMS FROM YOUR ROOM, WHICH ONES WOULD YOU PICK?

**3** IF YOU COULD TIME TRAVEL, WHERE AND WHEN WOULD YOU GO FIRST? WHY?

**4** WHAT WAS THE BEST PART OF YOUR DAY? HOW ABOUT THE WORST?

**5** WHAT WOULD YOU DO IF YOU HAD A MILLION DOLLARS?

**6** IF YOU HAD TO EAT A WORM, HOW WOULD YOU COOK IT?

**7** WHAT IS THE WEIRDEST THING YOU HAVE EVER EATEN?

**8** IF YOU COULD BE ONE CHARACTER FROM A BOOK FOR A DAY, WHO WOULD IT BE AND WHY?

**9** TELL ME ABOUT SOMETHING THAT MADE YOU HAPPY TODAY.

**10** WHAT DOES A PERFECT DAY LOOK LIKE TO YOU?

**11** IF YOU COULD MAKE ANY VEGETABLE ILLEGAL, WHICH ONE WOULD IT BE?

**12** IF YOU COULD BE FAMOUS FOR ONE THING, WHAT WOULD IT BE AND WHY?

**13** IF YOU COULD MEET ANY US PRESIDENT, WHICH ONE WOULD YOU CHOOSE AND WHY?

**14** NAME ONE TIME WHEN SOMEONE HAS SHOWN YOU A LOT OF LOVE.

**15** IF YOU COULD CHOOSE ONE AWARD TO WIN (REAL OR MADE-UP), WHAT WOULD YOU PICK AND WHY?