

GET THE CONVERSATION STARTED!

Share a regularly scheduled meal together with family or friends. Set work, homework, technology, TV and other distractions aside and take time to connect and recharge.

Use the questions below to get talking!

If you could go anywhere in the world
(or out of this world) where would you go?
What would you do there?

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

What's the funniest joke
you've heard?

If you could be anyone in the world
right now, who would you be?

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

If you could be one age for the rest of
your life, what age would you be?

What was the best part of your day?

If you could have any animal in the
world as a pet, which animal would
you choose and why?

What are two things
you are grateful for?

What is your favorite tradition for each season
(e.g., drinking hot tea in winter)?