

# Mealtime Conversation Starters

**INSTRUCTIONS:** Cut cards on lines. Put on table in a small cup or bowl.  
Choose one card at a time for enjoyable family conversations.

## For Adolescents

### SPORTS

Share how you (or another family member) did while playing sports today.



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### SPORTS

Share how your favorite team or player in a college or professional sport did today.



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### JOKES

Tell a joke that you think will make other family members laugh.



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### JOKES

Describe a joke or comic routine that you recently heard or saw on TV or in movie.



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### A FUNNY THING HAPPENED

Describe a funny or silly thing that happened to you today.



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### A FUNNY THING HAPPENED

Describe a funny or silly thing that happened to someone else today.



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### FUTURE PLANS

Describe something you are planning to do in the future (in the near future or years ahead).



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### FUTURE FAMILY PLANS

Describe something our family should plan to do in the future.



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### MUSIC

Share the most interesting new piece of music you have heard recently.



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### MOVIES/TV SHOWS

Share the most interesting new movie or DVD (or TV show) you have seen recently.



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### COMPLIMENTS

Describe an unexpected compliment you gave or received from someone recently.



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### COMPLIMENTS

Describe an unexpected compliment you would like to give someone at the table.



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### FAMILIES

Describe one of our family traditions you really like – and one new tradition that you would like us to add.



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### FAMILIES

Describe the kind of family you would like to live with for a year, like as an exchange student.



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### HEROES

Name someone you admire and share what it is about them that inspires you.



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### HEROES

Name 2-3 of the most important people alive (in your opinion) and share why you chose them.



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