What was your pit (low point) and peach (high point) today?

What food would you like to try if you were feeling extra brave about trying something new?

If you could eat only one food for a month, what would you choose?

If you could choose, what would you have for your birthday dessert?

Name something that makes you mad and something that makes you grateful.

What is your super power? What do you do really well?

What is an activity you don’t enjoy and would like to stop doing? What would you do with the extra time and money?

Who (one person) was the most helpful to you today?

Who (one person) did you help today? How did you help?

Think about your day. If today were a color, what color would it be? Why?
Conversation Starter
Where is your favorite place to eat?

Conversation Starter
Try to recall the full name of each of your grandparents.

Conversation Starter
If you could choose someone to read a story to you, who would you choose?

Conversation Starter
Did you see or do a random act of kindness today? Are you planning to do something positive for someone else tomorrow?

Conversation Starter
If you could choose anyone to make a meal for you, who would you choose?

Conversation Starter
What is your favorite vegetable? How do you like it prepared?

Conversation Starter
Where would you like to take a family picture?

Conversation Starter
Where is your favorite place to fall asleep?

Conversation Starter
What is one of your favorite family traditions?

Conversation Starter
Pick one to three words to describe your family.
Conversation Starter
Talk about your best time of day. Why do you think that is true for you?

Conversation Starter
Think of one chore that people no longer do. For example: pump water, carry it into the house and heat it to take a bath or wash dishes.

Conversation Starter
If you could go to bed and get up when you wanted, what times would those be?

Conversation Starter
Name your favorite season of the year and tell why you like that season the best.

Conversation Starter
If you could have a robot to do one of your chores, what chore would you like to give up?

Conversation Starter
Think about this week at work, school/child care or home. What are you most proud of this week?

Conversation Starter
Talk about something that you read or someone read to you today.

Conversation Starter
What is one goal you have for tomorrow?

Conversation Starter
What is one good thing about being the age you are today?

Conversation Starter
Name your favorite type of pet. What would you name a pet if you were choosing the name?

Conversation Starter
Talk about your best time of day. Why do you think that is true for you?
Thank someone at the table for something specific he/she does for you.

If you could be on a TV program or in a movie, on which one would you like to appear?

Describe what a perfect day would be to you.

What would you do if you were being bullied by someone?

What is a best friend? How many best friends do you have?

What is your favorite vacation would look like.

What is your biggest worry today? How do you make yourself calm when you worry?

Pick three to five words to describe yourself.

Name one of your heroes. Why is that person a hero to you?
Conversation Starter
What would you do if you saw someone bully another person?

Name your favorite cheese. Do you have a cheese you don’t care to eat?

If you won a lot of money, what would you do with it?

What is the most unusual ingredient you would add to your favorite sandwich?

With whom do you like to exercise?

What is your favorite insect? Why?

What is/was your favorite subject in school?

If you could invite a famous person to dinner tomorrow, who would you invite?

What is the earliest time you have ever gotten up in the morning?

What is your favorite grain product? How do you like it prepared?

What would you do if you saw someone bully another person?