

# Conversation Starters

Family meals are the perfect time to talk to your kids and to listen to what's on their mind. The more often kids eat dinner with their families the less likely they are to smoke, drink or use drugs.

Looking for a way to engage in conversations with your kids? Use these conversation starters for a fun way to get everyone talking.

- What's the best and worst thing that happened today?
- What's the greatest invention of all time?
- If you were in charge of the music for our family vacation, which songs would you pick?
- Which TV family is the most fun to watch?
- If you could have a wild animal from anywhere in the world as a pet, what animal would you choose?
- Where would you go for a dream vacation?
- If you could have any superpower, what would it be?
- What is one thing you could absolutely not live without?
- If you won the lottery, what would you do with the money?
- If you could live in any time period, which one would it be?
- What is your favorite thing you learned today?
- If you had to eat just one food for the rest of your life, what would it be?
- What is one thing you want to accomplish in your lifetime?
- What book are you reading right now? What do you like about it? What do you dislike about it?
- If you could donate \$1,000 to any charity, which charity would you select?
- If you could trade lives with anyone, who would it be?

*Source: <http://casafamilyday.org/familyday/tools-you-can-use/conv-starters/>*

For more conversation starters, the TCP coalition has a resource called "Let's Talk 2: Conversation Starters for Busy Families." It is a tin holding 120 strips of paper – each with a unique question. To order this tin, contact Denise at Bloomington Public Health: 952-563-8984. The cost is \$8.