

Mealtime is the perfect time to connect!

But are you stuck on typical questions like “How was your day?” or “What did you do at school today?” and are tired of getting one-word answers like “Fine” Or “Nothing”?

Try one of these engaging

## *Dinner Conversation Starters*

to get a real, meaningful and engaging discussion going at your next meal!

**Nutrition Month 2020**

**More than Food**



[nutritionmonth2020.ca](http://nutritionmonth2020.ca)

What are you excited about right now?	What was your first thought when you woke up today?
What do you want to accomplish by your next birthday?	If you could be famous for one thing, what would it be?
What's the best thing about your life?	What's a small thing that makes you feel happy?
What's something you want to do, but you can't yet?	What makes you feel loved?
What will you be doing in 10 years?	If you could have one superpower, what would it be?
What's the best thing that has ever happened to you?	What's your favorite thing to do as a family?
What's something nice someone said to you lately?	Who understands you the best?

If you could change one family rule, what would you change?

What's your favorite thing to do with your friends?

If you could switch places with one person for a day, who would it be?

What's something you did to help someone today?

What advice would you give to a younger sister or brother?

What's the smartest thing you heard somebody say today?

What's the biggest problem in our world?

If you could give everybody in the world one piece of advice, what would you say?

If you could be any animal, which one would it be and why?

What was the hardest thing you had to do today?

What is your favourite family tradition and why?

If you could become invisible, what would you do?

What's the one thing you couldn't live without?

If you could change one thing in the world what would it be?

Would you rather slide down a rainbow or jump on a cloud?

Would you rather run like a cheetah or slither like a snail?

What abilities do you have that you are grateful for?

What is one of your favorite things to do?  
Why are you grateful for it?

Who did something nice for you today? What was it?

What is something you love doing?

What was your favourite part of your day?

What was your least favourite part of today?

What is one of your favourite all time memories?

What can you give or do for someone that doesn't cost any money?

What qualities do you think make a good friend?

Describe yourself with one word.

What is your favourite word and why?

If you could build anything in your yard what would it be?

What is one chore you enjoy?

What great book have you read lately?

If school/ work was cancelled tomorrow and you could do anything you wanted, what would you do?

If you had to teach a class for a day, what subject and activities would you choose?

How can you show someone that they are special to you?

What is the most beautiful place you have ever seen?

Which person in your family do you look most like?

Which person in your family is your personality most like?

What is the most courageous thing you've ever done?

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

If you were writing a newspaper article about your day, what would the headline be?

If you could invent something that would make life better, what would it do?

<p>What is the most important thing in your life?</p>	<p>What's the best meal your mom or dad cooks?</p>
<p>What is one thing for which you'd like to be remembered?</p>	<p>If you had to live in another country, which one would you choose and why?</p>
<p>What is something you'd like to learn how to do and why?</p>	<p>If you could start a new family tradition, what would it be?</p>
<p>What do you think makes a person a success?</p>	<p>What do children know more about than adults?</p>
<p>If you could be an explorer for National Geographic, what area of the world would you like to explore?</p>	<p>If you were asked to organize a field trip for a class, where would you take them?</p>
<p>What's the best way to spend a rainy day?</p>	<p>What's the best way to spend a snow day?</p>

How would you define "freedom"?	What are you looking forward to this week?
What is your favourite smell in the world?	What do you like most about the person to your right?
What is the luckiest thing that has ever happened to you?	What is your favourite song to sing?
What is your favourite topic to discuss?	What was the best gift you ever received and why?
What talent do you wish you had?	If your life had a theme song, what would it be?
What is your favourite hobby?	What does it mean to be brave?
If you could easily learn another language overnight, what would it be?	Would you rather read the book or watch the movie? Why?