



# MEAL-TIME CONVERSATION PROMPTS TO GET FAMILIES TALKING

## **BELONGING** - Creating Oral History

1. Tell the story behind one of your scars.
2. What's one story you will DEFINITELY tell your kids about your childhood?
3. What stories do you like to hear about Mom / Dad / Grandparent's past? What questions do you have about their childhood / dating / marriage years?
4. Mom / Dad, tell the story about the birth of the kids.
5. Who was your favorite teacher? Why? Describe how they made you feel.
6. If our dog/cat (or other pet) described our family, what do you think he/she would say?
7. What is your favorite summer memory?
8. What do you like about having a brother/sister? *(Or use cousin or best friend!)*
9. What's a favorite story we tell about our past?
10. What family traditions will you most likely do with your family?
11. What are your most memorable Christmas/holiday traditions?
12. What did you believe when you were younger that makes you laugh now?
13. What do you think is unique thing about our family?
14. What toy do you remember really loving when you were littler?
15. What do we know about our ancestors?

## **PERSONAL** - Practicing Vulnerability

1. How would your friends describe you?
2. What seems to make you laugh often?
3. Using just one word, go around the table and describe yourself (no repeating words). See how many times you can go around the circle. If someone gets stuck, another person can offer a good suggestion!
4. What are a few ways we can help people who are sad or in need? *(Put these ideas on the calendar to practice!)*
5. If you could add a skill/talent what would it be?
6. Describe a time you were embarrassed.
7. What makes you sad?
8. Who do you trust these days? Is that easy or hard to do for you?
9. If you had to change one thing about your life, what would it be?
10. What makes you feel jealous of others?
11. What do you do really well? *(Be sure to have ideas for your kids if they struggle)*
12. What 2-3 things make you feel most loved?
13. Describe a time you felt lonely.
14. Describe a habit that you wish you DIDN'T have and one you wish you DID!
15. What makes you feel afraid?

## FAITH - Articulating What We Believe

1. What do you think God is like?
2. When do you feel most close to God?
3. What are some ways we know God loves us?
4. How do you think God feels about the things that are wrong in this world?
5. Who is someone you admire/look up to? Why?
6. What do you think God thinks about you?
7. What things in the world remind you that God has a sense of humor?
8. Why do you think we pray together?
9. What are some ideas to help us pray more together?
10. Why do you think God made the world so beautiful?
11. If you could ask God to answer any question, what would it be?
12. Why do you think God wants us to love other people?
13. Why do you think God tells us not to be afraid?
14. What do you think heaven will be like?
15. What do you think your purpose is?

## FAMILY - Checking The Gauges

1. If aliens asked you to describe our family, what would you say?
2. Using a song, movie, or TV show, describe your week.
3. In what ways do you think our family cooperates well?
4. What are some common questions we seem to ask around our family?
5. If you could change one thing about our family, what would it be?
6. What do your friends do that makes you happy? Sad?
7. What do you think you're life will be like when you are in high school / college / post-college? (*Be specific.*)
8. You can spend three days away from home. Where would you want to go? What would you do? Who would you take with you and why?
9. Someone is looking at ONLY our calendar (and how we spend our time), what do you think they would they say we value most?
10. Which of your friends know you very well? Why do you relate to them so well?
11. On a scale of 1-25, how happy or content would you say you are? (Feel free to alter the range. We tend to go bigger to nuance the question a bit more.)
12. Who (besides family) has helped our family most this year? (*Follow up with Thank-you notes!*)
13. Describe a time this past year that was hard on you.
14. Why do you think people are mean to each other?
15. In what ways do you think our family is really doing well these days?