



## Conversation Starters for Families

Here are some questions parents, guardians or other adults can use to get conversations started with youth of all ages. There are also some conversation starters that are better for younger or for older kids, and we've put them in separate categories. We've also separated ideas into "Ice Breakers" (to get you started in a relaxed way), "Keep the Conversation Going" (use these once you've gotten used to having conversations and when you have time for a deeper dive into a topic) and "Deeper Conversations" (things to talk about when you have lots of time and can really concentrate).

Questions can be done in any order and are not meant to be done in one sitting. You may find that you have some that you want to use regularly, and some that don't work at all in your family. The questions are also not all-inclusive. Make up some of your own to reflect current topics or family interests.

Pick your conversation times carefully! Don't try to deal with hard topics or difficult questions when you only have a few minutes or if you or your child are busy concentrating on another concern. Some families find long car rides, at bedtime or during family meals are great times to talk, but every family is unique!

Remember, there are no right or wrong answers to these questions!

### **Conversation Starters for All Ages (11)**

Would you rather be the worst player on a winning team or the best player on a losing team?

Would you rather eat your least favorite food every day or never eat your favorite food again?

Would you rather be able to communicate with trees or squirrels?

Would you rather make brand new friends or keep the friends you have now forever?

Would you rather eat dinner for breakfast or breakfast for dinner?

If you could describe yourself as one type of ice cream, what would it be? Why?

What interesting thing happened today?

If you won a million dollars, how would you spend the money?

If you could take a trip anywhere, where would you go and who would you take?

If you could trade places with anyone in the world, who would it be? Why?

What would the world be like if everyone was the same?

If you had a theme song, what would it be? Why?

Describe your perfect day.

What's your favorite ad? Can you sing or say it?

What failure have you had and what did you learn from it?

### **Keep the Conversation Going for All Ages (5)**

What is your favorite family tradition? What makes you like it the most?

What was the best part of your day? Why?

What do you like about where we live? What would you change if you could?

When you noticed someone feeling bad, what did you do?

What do you want your future to look like? What steps do you need to take to get there?

### **Deeper Conversation Ideas for Everyone (4)**

What would you tell your younger self about trying new things?

What are the best and worst parts of everyone being different?

What is your go-to when you feel stressed?

What is your go-to when you feel angry?

### **Keep the Conversation Going for Younger Children (and adults!) (2)**

If you could have any super power, what would it be? What would you do with that super power?

Who is your newest friend? How did you become friends?

### **Conversation Starters for Tweens and Teens**

\_\_\_\_\_ (Fill in the blank with a topic) has been all over the news lately. What have you been hearing about this?

Would you rather be alone on an island or in a big city for a week? Why?

If you could get the attention of the world for one minute, what would you say or do? Why?

If you could solve one problem in the world, what would it be and how?

If you described your day using emojis, what would it look like?

Would you rather go to a party with a lot of people you barely know or spend time at home with a few close friends?

What adult privileges are you looking forward to? What are you not looking forward to?

### **Keep the Conversation Going with Tweens and Teens**

If you could put your phone away for a day, what would you miss? What would you gain?

What are the advantages of using technology to communicate? What are the risks?

How are relationships in real life different than in the media (books, movies, TV etc)?

Do you see ads or product placement for drugs or alcohol in media for teens? Is it the same in media aimed at adults?