

30 Family Mealtime Conversation Starters

Making memories, one meal at a time.

Join the movement, #familymealmission

What's something new you learned today?	What should we do more of as a family?
If you could have any superpower, what would it be?	Where would you like to live someday?
What is your favorite activity each season?	If you could have any animal as a pet, what would it be?
What food would you eat every day?	Describe yourself in 3 words.
What animal would you be for a day?	What is your favorite/least favorite color
What was your favorite family vacation/adventure?	What 3 things would you bring with to a deserted island?
How did everybody get their names?	Favorite book? Or story we read together?
What is something you're really good at?	If you could only keep 1 toy, what would it be?
What do you want to be when you grow up? (Parents: what were some career ideas you had?)	If you won a million dollars, what would you buy?
Describe your perfect day.	Who's your best friend? Why?
How were you kind or helpful today?	What is your favorite/least favorite chore?
What is the best gift you've ever received?	What is your favorite day of the week?
What are you most thankful for?	Which movie or TV character would you like to hang out with for a day?
What is your favorite thing about each family member?	What is your favorite family tradition?
If you could switch places with mom or dad for a day, who would you choose? Why?	What is your favorite meal?

