



LET'S TALK: HEALTH POWERED KIDS FAMILY MEALTIME CONVERSATION STARTERS



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Finish the sentence: Something I wish I could change at school/work is...because...

What is the hardest thing about growing up? About being an adult?

Why do you think young people start using alcohol? Tobacco? Other drugs?

What will you be doing in 2/5/10 years? What kind of person do you think you will be?

Who should get to make decisions that affect your health and well-being and why?

Why are certain people popular at school/work?

Who is your biggest hero? Why do you think this person is so terrific?

What makes you angry and how do you express anger?

Not counting physical differences, how are girls/boys different from each other?

What do you think makes a marriage or other long-term committed relationship happy?

What makes someone a good citizen? Do you consider yourself a good citizen? Why or why not?

What things/places make you happy?

Which people make you happy and why?

If you could wake up tomorrow having gained one ability or quality, what would it be?

How has advertising affected the way you dress or eat?

How can adults show respect to children and teens?

What is your favorite season and why?

If your best friend started saying mean things about another friend, how would you respond?

What do you like to do when you're feeling really happy?



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What do you like to do when you're feeling sad?

Describe a bully at your work or school.

Would you rather be the most attractive, most athletic, or smartest kid in your school?

Finish the sentence: Something really important to me is...because...

What do you think makes a person a success?

Describe an adventure you would like to have this year.

What is your first memory?

What was your favorite family vacation and what made it your favorite?

What is something (not someone) that bugs you?

In what ways is respect shown/not shown in your family?

Would you prefer to be considered naturally talented or hardworking?

When was the last time you did something for a stranger just to be nice?

When you're not hungry, what makes you want to eat?

If you knew you would be stranded on a desert island for a year, what would you bring?

If you could have one magical power, what would you pick?

Would you report that a friend was cheating at school or at work? Why or why not?

What is the most important quality of being a good friend?

What is something you want to learn how to do and why?

Why are some kids picked on at school?

Describe what you like about your job/school.

Does your family seem too busy? What should change?

What are the gifts/positives my brother/sister/parent/guardian brings to your family?

What qualities would you want in a future spouse/partner?

How do you know when you can trust another person?

How do you think your teachers see/saw you?

What is something you want to learn more about? Why?



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Under what circumstances do you find it hard to say no?

What's the best or worst thing about being your age?

When in your life have you felt the happiest? The saddest? The most vulnerable?

What is the hardest thing about being a boy/girl in this community?

Do you learn more when you win or when you lose? Explain.

What is something unique about you or your family?

When you grow up, what is the first thing you want/ed to do?

What would you do or wish you could do when someone is being picked on?

What's good about a rainy day?

What's good about a sunny day?

What are you thankful for?

What can a parent do to make their kids feel more confident?

What can a teacher/boss do to make students/employees feel more confident?

Does your teacher/boss do these things?

If you could either talk to animals or see the future, which would you want?

How would you convince a friend to not drink alcohol or use other drugs?

What are you most proud of having done?

Which is worse? Too many or not enough rules. Why?

Talk about anything you choose!

Finish the sentence: Something I wish my family would do more of is...because...

Why would someone pressure his or her friend to drink?

What's a really nice thing that someone has done for you?

What teacher will you remember and why?

What or who makes you giggle? Why?

What makes someone a good leader? Describe someone you know who is a good leader.

Name two strengths you have.



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If you could ask the President any question, what would it be?

What do you think is the best age to be? Why?

What is something you would like to do this year?

Finish the sentence: My dream job/career is...because...

What do you think it's like for someone to be different at school?

What's your favorite physical activity and why?

What makes you feel good about yourself?

Does your life feel too busy? Why?

Would you like to improve something about yourself? If yes, what?

What stresses you out? When you are under stress, how do you react?

If you could be as talented as a friend of yours at one thing, what would you choose?

Describe what it is like at your school/job.

If you had to pick a new first name for yourself, what would you choose?

What was the best part of your day today? What was the biggest challenge?

Do you like being challenged? How?

If you were given \$1,000 to use to help other people, how would you spend it?

When is it ok to lie?

If you could set your own allowance, how much would it be? Why that amount?

Do you consider death to be the worst thing that could happen to you? Why or why not?

Would you rather your parent/guardian gave you presents or spend more time with you?

What do you think it's like for someone to be pregnant in high school?

What do your parents/guardians/kids do that most embarrasses you?

What is your most valued possession? Why?

What one event has changed your life more than anything else?

Describe your dream house.