



## Table talk: 101 questions to ask your kids at mealtime

The following is a set of 101 questions that you can use as conversation starters at a family meal or snack. There is no “right” or “wrong” answer to any of these questions and there is no particular order to ask them. Give everyone at the table a chance to answer the question. Choose one question a day or maybe ask a few. You never know where the discussion will go!

1. What is your favourite thing to do on the weekend?
2. Who is your favourite teacher? What makes them so special to you?
3. What 3 things are you the most grateful for today?
4. What was the “high” and “low” of your day today?
5. What do you appreciate about your sister/brother/mom/dad/grandparent?
6. Who is your hero? Why?
7. Would you rather be the Prime Minister of Canada, a professional athlete or a movie star? Why?
8. What is your favourite season – fall, winter, spring or summer? Why?
9. What do you enjoy doing during the summer?
10. What do you enjoy doing in the winter?
11. Do you think it is easy being powerful or famous?
12. What is your favourite sport or activity?
13. What sport or activity would you like to try for the first time?
14. What is your favourite food?
15. What is your favourite colour? What is your favourite colour in nature?
16. If you could have any car, what car would you choose to drive?
17. If you could change your first name, what would you change it to?
18. What is your favourite movie that you’ve ever seen?
19. Have you ever stood up for something (or someone) you thought was right despite the fact that you might get into trouble?
20. What do you enjoy most about each of your siblings?
21. What do you think you would like to do when you grow up?
22. What’s the worst thing that has ever happened to you?
23. What non-sport activity would you like to try for the first time?
24. What is the hardest thing you ever have had to do in your life?
25. If you could go anywhere in the world for one week, where would you go?
26. What is your favourite animal? Why?
27. What is your favourite vegetable? Why?
28. What is your favourite fruit? Why?
29. What is your favourite restaurant and what do you normally order?
30. What food or type of food would you like to try?

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31. If you were given \$1000 what would you do with it?
32. What is your favourite TV show?
33. If you had one super power what would it be?
34. If you were Prime Minister of Canada, what is one thing you would change or the first thing you would do?
35. If you could change any of our family/house rules, which one would you change?
36. If you were stranded on a deserted island, what 3 personal belongings, would you take?
37. What do you worry about the most?
38. What is the best and worst thing about being a girl/boy?
39. If you could get front row seats to a concert, whose concert would you go to?
40. If you could raise any animal on the planet and train it to be a house pet (even exotic or wild animals), which would you choose?
41. Who is the bravest person you know? What makes this person brave?
42. What's your favourite thing to do at recess?
43. What's your favourite thing to do after school?
44. Is it ever ok to lie? If yes, when?
45. Would you rather be the best player on the worst team or the worst player on the best team?
46. How is our family different from other families?
47. Which famous person would you like to meet?
48. Which 3 famous people would you like to have dinner with? What would you talk about?
49. What would you like to change about your school?
50. Do you think you are an optimist (glass half full) or pessimist (glass half empty) person?
51. What is the most important quality in a friend?
52. What is your best quality?
53. What is the nicest thing anyone has ever done for you?
54. What is the hardest thing about being a kid?
55. Which would you rather live in - a boat, a tree house or an igloo?
56. Which musical instrument would be the coolest to play?
57. What would you do for fun if there was nothing electronic (e.g. no TV, computer, tablet)?
58. When you grow up, do you think you will be less or more strict than your parents?
59. What does mom/dad/grandma/grandpa do at work?
60. If you were granted 3 wishes, what would they be?
61. Do you have any nicknames? Which one is your favourite?
62. What is your biggest fear?
63. What's your biggest accomplishment that you are proud of?
64. What's your favourite family tradition?
65. What's your favourite book right now?
66. What book from when you were little would you like to read to a 4 year old?
67. Who is your favourite Super Hero?
68. Have you ever seen someone make fun of one of your friends? What did you do?

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69. What makes someone a good sport (a good loser in sports and games)? Are you a good loser?
70. What would be the best birthday party ever?
71. What time would you go to bed and wake up if it were up to you?
72. Would you ever want to travel to the North Pole? Why or why not?
73. Would you travel to outer space if given the chance?
74. If you could change one thing about each of your parents, what would you change?
75. Would you rather live in the forest, on a farm or in the city?
76. Which animal would you rather be - a polar bear, an alligator or a shark?
77. What are your favourite things about your grandparents/aunts/uncles/cousins?
78. If your friend told you a secret and her/his safety or welfare was in jeopardy would you tell someone? Why or why not?
79. What is your favourite flavour of ice cream?
80. What is your favourite flower?
81. What is the most exciting thing you've ever done?
82. What is your favourite and least favourite chore to help with around the house?
83. Are you afraid to make mistakes? What do you do when/if you fail at something?
84. What is the one thing you think of that always makes you smile?
85. Who would you like to be like when you grow up?
86. When you have a bad day, what do you do to cheer yourself up?
87. If you could go back in time and meet any person in history, who would you choose to meet?
88. What is your idea of a perfect day?
89. What dream do you hope to come true in the future?
90. What does the word "success" mean to you?
91. Which of your friends do you think I like the most? Why?
92. Do you like having alone time? Why or why not?
93. If you could keep your room any way you wanted, how would it look?
94. Do you think the following is true or false? Strawberries are the only fruits whose seeds grow on the outside
95. Do you think the following is true or false? If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew your food on the left side of your mouth.
96. If you were to write a newspaper article about your day today, what would the headline be?
97. What is one thing that happened today that made you feel happy, silly, friendly, smart? (Perhaps try a different adjective each day.)
98. Tell us a story about something that happened to you today and another story that you made up about something that happened. We'll try to guess which is true and which is made up.
99. What would you like to do this weekend?
100. What is your favourite thing to do to relax or recharge?
101. If you were invisible where would you go and what would you do?

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## Word games

These laugh-out-loud-inducing word games are a great conversation starter and also can show the kids know that parents can have a silly side too!

### What's the opposite

1. One person asks "what's the opposite of" and creates a funny combination of place/thing
2. Everyone else gets to think up an answer. The sillier and stranger...the better!
  - Q. "What is the opposite of a green camel eating a banana?"
  - A. "Why, an orange hippopotamus sipping tea!" (Of course!)

### Would you rather

1. One person asks the table "would you rather" and combines three related, but different options
2. Everyone at the table takes a turn saying which of the options they'd rather do (or be) and why.
3. Here are some examples
  - "Would you rather be an astronaut, a deep sea diver or a mountain climber?"
  - "Would you rather vacation on a beach, take an adventure tour in a tropical jungle or go sight-seeing in a great city?"
  - "Would you rather be the prime minister, a famous movie star or an Olympic athlete?"
  - "Would you rather babysit a monkey, take eight dogs for a walk or feed a snake?"

### Sometimes, always, never

Each person takes a turn saying "I sometimes...", "I always...", and "I never...". Sometimes and always have to be true – but never should be as silly as possible!

- "I always brush my teeth before bed"
- "I sometimes eat peanut butter sandwiches for lunch"
- "I never ride a pink and purple striped zebra to school"

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