

Conversation Starters for Families

Family conversations are a great way to make connections and check in with each other. It allows family members to develop perspectives, family culture, respect for each other and problem-solving skills. The more each family member fully shares themselves and is fully received and understood by others, the stronger and safer the home environment becomes. This also allows each family member to practice the skills that are needed to connect with others in work, school, and the community.

These conversation starters can help you support your child in developing characteristics that you think are important for your child to possess, such as gratitude, imagination, empathy and confidence. Bring up these questions when you are in the car, at the dinner table or in another location when the family can focus on the conversation. You might even make a little game out of it – print out the questions, cut them up so they’re on individual strips of paper and have your child pick out a question or two to discuss each night.

| Conversation Starter: | Social-Emotional Learning Skill |
|--|------------------------------------|
| Given the choice of anyone in the world, whom would you want as a dinner guest? | Self-Awareness |
| Would you like to be famous? In what way? | Self-Awareness Social Awareness |
| What would constitute a “perfect” day for you? | Self-Awareness |
| What song is your theme song and why? | Self-Awareness |
| Name ten things each person in your family has in common. It cannot be something about being in the same family. | Social Awareness Relationships |
| For what in your life do you feel most grateful? | Self-Awareness |
| If you could change anything about your life what would it be? | Self-Awareness Self-Management |
| If you could be a superhero, what would your superpower be and why? | Self-Awareness |
| What is your hope for your future? | Self-Awareness |
| What is the greatest accomplishment of your life so far? | Self-Awareness |
| What do you value most in a friendship? | Self-Awareness Relationship |
| What is your most treasured memory so far? | Self-Awareness |
| What is your most terrible memory so far? | Self-Awareness |
| Who is a famous person you would like to meet and why? | Self-Awareness |
| What does friendship mean to you? | Self-Awareness Relationships |
| What is one thing you love about yourself and one thing you would like to improve about yourself. | Self-Awareness Self-Management |
| Tell each person in your family something that you love about them. | Relationships |

Conversation Starters for Families

| | |
|--|--|
| Share an embarrassing moment in your life. | Self-Awareness |
| What animal would you like to have as a pet and why? It can be exotic. | Self-Awareness |
| What is a problem you might be facing right now? Allow your family to share ideas to solve it. | Self-Awareness Social Awareness Responsible Decision-making |