Conversation Starter
What was your pit (low point) and peach (high point) today?

Conversation Starter
If you could eat only one food for a month, what would you choose?

Conversation Starter
Name something that makes you mad and something that makes you grateful.

Conversation Starter
What is an activity you don’t enjoy and would like to stop doing? What would you do with the extra time and money?

Conversation Starter
Think about your day. If today were a color, what color would it be? Why?

Conversation Starter
What food would you like to try if you were feeling extra brave about trying something new?

Conversation Starter
If you could choose, what would you have for your birthday dessert?

Conversation Starter
What is your super power? What do you do really well?

Conversation Starter
Who (one person) was the most helpful to you today?

Conversation Starter
Who (one person) did you help today? How did you help?

Conversation Starter
What was your pit (low point) and peach (high point) today?
Conversation Starter
What hobby would you like to start or pick up again?

Conversation Starter
If you could talk to someone (living or no longer alive) for one hour, who would that be?

Conversation Starter
Did you appreciate someone today? How did you show or tell that person you appreciated him/her?

Conversation Starter
If you wrote a book, who would you write it about?

Conversation Starter
If you could play a professional sport, which one would you play and why?

Conversation Starter
What three words describe you today?

Conversation Starter
What is your favorite protein food? How do you like it prepared?

Conversation Starter
What is your favorite fruit? How do you like it prepared?

Conversation Starter
Which instrument is most like you right now, or what instrument do you enjoy listening to the most?

Conversation Starter
How tall would you like to be? Why did you choose that height?

Conversation Starter
What hobby would you like to start or pick up again?


**Conversation Starter**

Where is your favorite place to eat?

**Conversation Starter**

Try to recall the full name of each of your grandparents.

**Conversation Starter**

If you could choose someone to read a story to you, who would you choose?

**Conversation Starter**

Did you see or do a random act of kindness today? Are you planning to do something positive for someone else tomorrow?

**Conversation Starter**

If you could choose anyone to make a meal for you, who would you choose?

**Conversation Starter**

What is your favorite vegetable? How do you like it prepared?

**Conversation Starter**

Where would you like to take a family picture?

**Conversation Starter**

Where is your favorite place to fall asleep?

**Conversation Starter**

What is one of your favorite family traditions?

**Conversation Starter**

Pick one to three words to describe your family.
Conversation Starter
Talk about your best time of day. Why do you think that is true for you?

Conversation Starter
Think of one chore that people no longer do. For example: pump water, carry it into the house and heat it to take a bath or wash dishes.

Conversation Starter
If you could go to bed and get up when you wanted, what times would those be?

Conversation Starter
If you could have a robot to do one of your chores, what chore would you like to give up?

Conversation Starter
If you could have a robot to do one of your chores, what chore would you like to give up?

Conversation Starter
Name your favorite season of the year and tell why you like that season the best.

Conversation Starter
Think about this week at work, school/child care or home. What are you most proud of this week?

Conversation Starter
What is one goal you have for tomorrow?

Conversation Starter
What is one good thing about being the age you are today?

Conversation Starter
Name your favorite type of pet. What would you name a pet if you were choosing the name?
**Conversation Starter**

Name one of your heroes. Why is that person a hero to you?

**Conversation Starter**

Thank someone at the table for something specific he/she does for you.

**Conversation Starter**

If you could be on a TV program or in a movie, on which one would you like to appear?

**Conversation Starter**

Describe what your favorite vacation would look like.

**Conversation Starter**

Describe what a perfect day would be to you.

**Conversation Starter**

What would you do if you were being bullied by someone?

**Conversation Starter**

What is a best friend? How many best friends do you have?

**Conversation Starter**

What is your favorite celebration? Why?

**Conversation Starter**

What is your biggest worry today? How do you make yourself calm when you worry?

**Conversation Starter**

Pick three to five words to describe yourself.

**Conversation Starter**

Name one of your heroes. Why is that person a hero to you?
**Conversation Starter**
What would you do if you saw someone bully another person?

**Name your favorite cheese. Do you have a cheese you don’t care to eat?**

**Conversation Starter**
If you won a lot of money, what would you do with it?

**What is the most unusual ingredient you would add to your favorite sandwich?**

**Conversation Starter**
With whom do you like to exercise?

**What is your favorite insect? Why?**

**Conversation Starter**
What is/was your favorite subject in school?

**What would you do if you saw someone bully another person?**

**Conversation Starter**
If you could invite a famous person to dinner tomorrow, who would you invite?

**What is the earliest time you have ever gotten up in the morning?**

**What is your favorite grain product? How do you like it prepared?**