

Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



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?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

What three words describe you today?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Where is your favorite place to eat?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Where would you like to take a family picture?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Where is your favorite place to fall asleep?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

What is one of your favorite family traditions?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Pick one to three words to describe your family.

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Talk about your best time of day. Why do you think that is true for you?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



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.

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Talk about something that you read or someone read to you today.

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

What is one goal you have for tomorrow?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Describe what your favorite vacation would look like.

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Describe what a perfect day would be to you.

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

What is your favorite celebration? Why?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

Pick three to five words to describe yourself.

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

With whom do you like to exercise?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

What is your favorite insect? Why?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

What is/was your favorite subject in school?

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.



Conversation Starter

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

NDSU | EXTENSION

ndsu.ag/familytable

NDSU is an equal opportunity educator, employer and provider. Visit ndsu.edu/equity or call 701-231-7708.

