

# Conversation Starters



## **Pro Tips:**

**Pick your time.** Car rides, bedtime, or family meals are common choices. **There's no schedule!** Pick a time that might work but if no one wants to talk, try again later or a different day.

**There are no right or wrong answers!**

**Skip questions that are too serious or silly for your kids or for everyone's mood.**

**Try silly questions with teens and serious questions with younger kids.**

**Add your own questions too!**

**Thanks for taking time to listen to your kids!**

## Would you?

- Would you rather be the worst player on a winning team or the best player on a losing team? Why?
- Would you rather be able to fly or be invisible?
- Would you rather be alone on an island or in a big city for a week? Why?
- Would you rather eat your least favorite food every day or never eat your favorite food again?
- Would you rather be able to talk to trees or squirrels?
- Would you rather make brand new friends or keep the friends you have now forever?
- Would you rather eat dinner for breakfast or breakfast for dinner?

## If...

- If you could have any super power, what would it be? What would you do with that super power?
- If you could get the attention of the world for one minute, what would you say or do?
- If you could solve one problem in the world, what would it be and how?
- If you described your day using emojis, what would it look like?
- If you could put your phone away for a day, what would you miss? What would you gain?
- If you won a million dollars, how would you spend the money?
- If you could take a trip anywhere, where would you go and who would you take?
- If you could trade places with anyone in the world, who would it be? Why?
- If you could describe yourself as one type of ice cream, what would it be? Why?
- If you had a theme song, what would it be? Why?

## What...

- What would the world be like if everyone was the same?
- What's your favorite ad? Can you sing or say it?
- What failure have you had and what did you learn from it?
- What is your favorite family tradition? What makes you like it the most?
- What was the best part of your day? Why?
- What do you like about where we live? What would you change if you could?
- What do you want your future to look like? What steps do you need to take to get there?
- What would you tell your younger self about trying new things?
- What are the best and worst parts of everyone being different?
- What is your go-to when you feel stressed?
- What is your go-to when you feel angry?
- What would you do on a perfect day?

## For Tweens and Teens

- What are the advantages of using technology to communicate? What are the risks?
- How are relationships in real life different than in the media (books, movies, TV etc)?
- Do you see ads or product placement for drugs or alcohol in media aimed at teens? Is it the same in media aimed at adults?
- \_\_\_\_\_ (fill in the blank with a topic) has been all over the news lately. What have you been hearing about this?
- Would you rather go to a party with a lot of people you barely know or spend time at home with a few close friends?

**For more information or  
resources go to:  
[stoughtonwellness.org](http://stoughtonwellness.org)**

Conversation starters  
adapted from:

