

Table Topics

Here is a compilation of 30 questions that can be a launching point into fun and insightful discussions with your family. We've included five questions that will start simple but meaningful conversation about healthy sexuality — If you could change one of our family rules, which one would you change and why? What should you do if someone shows you something that makes you feel uncomfortable? What should you do if someone wants to give you a hug but you don't want them to? When is it okay to say "No?" What is love?

INSTRUCTIONS:

1. Print out this PDF
2. Cut the questions apart so one question is on each strip of paper.
3. Fold or simply place each question in a bowl or container of some kind.
4. Draw a question and ask it while everyone is gathered for family time, like dinner.
5. Repeat—Keep asking questions on your schedule—one a week, one a day, three at one meal. Make it work for you.

DID YOU KNOW?

Anne Fishel, a co-founder of The Family Dinner Project, and professor at Harvard Medical School has said that, "Kids who eat dinner with their parents experience less stress and have a better relationship with them. This daily mealtime connection is like a seat belt for traveling the potholed road of childhood and adolescence and all its possible risky behaviors." (from The Washington Post: The most important thing you can do with your kids? Eat dinner with them)

Bon Appetite!

If you could change one of our family rules, which one would you change and why?

What should you do if someone shows you something that makes you feel uncomfortable?

What should you do if someone wants to give you a hug but you don't want them to?

When is it okay to say "No?"

What is love?

What's one thing you feel like you are really good at?

What are the three best words that describe you?

If you could travel anywhere in the world, where would you travel and why?

What is the funniest thing you've seen or heard lately?

If you could grow up to be famous, what would you want to be famous for?

What is the best gift you remember giving? Receiving?

If you could give one gift to every single child in the world, what gift would you give?

What are the qualities that make a good friend?

If you could have one extra room in our house, and it could be anything, what type of room would you want to have?

If you could combine two animals, which two would you combine?

What is your favorite thing to do together as a family?

Who is someone in history you'd like to be friends with? Why?

What makes you happy when you're sad?

What's the hardest thing you've ever had to do?

What are the top three things you're thankful for?

What new fact did you learn today?

If you wrote a book, what would you name the main character and where would he or she go?

How would you describe a perfect day for you?

If all your clothes could only be one color, what color would you choose?

What do you know how to do that you could teach to others?

Of all the things you are learning, what do you think will be the most useful when you are an adult?

What is your favorite time of day?

What are qualities you find in a great teacher? Or What do you like about your teacher?

What should we do more of as a family?

What is the best compliment you have received?