

## Dinner Kick-Starter Questions



If you would like to increase conversation around your dinner table (or breakfast or lunch table) then try a Dinner Kick-starter Question. There are two types of questions listed below—daily support and getting to know you questions. The daily support questions are to be asked each time you gather for the evening meal—encouraging your family to celebrate any blessings and to work together through any challenges. In addition to the daily support questions, select one of the getting to know you questions to encourage learning more about the people in your family. Go around the table and take turns answering the question. For grownups, answer the question from your childhood experiences (like “when I was young I wanted to be.....”). This will help your children learn about you and connect with your childhood. I recommend printing these out as cards and having them on hand at the dinner table. I used a small box with a lid I’d found at the local Dollar Store. The box measured 3.4 in x 3.4 in x 3.4 inches, but you could use any size box or container. I printed the cards, cut them out and then laminated them. When you finish the 50 questions listed here, create new cards and add them to your growing box or better yet, pass on your old cards to a friend.



**Figure 1. My table center piece: Dinner Conversation Kick-starter Cards, a simple candle to light during the meal and a small fern connecting us with nature.**

**Daily support questions:**

Did you have any great experiences today? Any blessings today?

Was there something difficult you experienced today? How did you handle it?

**Getting to know you questions: (pick one each day)**

1. If you could have any animal in the world as a pet, what would you want to have and why? For grownups, if you had one, what was your first pet and its name?
2. What is your favorite movie of all time?
3. If you could have any superpower what would it be and why?
4. Who was your favorite school teacher and why?
5. What was your favorite vacation and why?
6. What is your favorite dessert to eat and why?
7. If you could go anywhere in the world, where would it be and why?
8. If you had to play one sport, what would it be and why?
9. If you could be any animal what would it be and why?
10. Would you prefer to vacation at a lake or at the beach and why?
11. If you could travel anywhere in the world where would you want to go and why?
12. If you had to go back to school for one year to repeat any grade just for the fun of it, what grade would you want to repeat and why?
13. If you were an Olympic athlete, which sport would you be competing in and why?
14. If you could get in the car today and travel anywhere, where would you go and why?

15. What is one of the best books you have read, what was it about and why was it your favorite?
16. What is one thing you like best about the person sitting next to you?
17. What is or was one of your most favorite items you like to play with and why?
18. If you could meet anyone famous who would it be and why?
19. What's one thing you created that you were really happy with how it turned out?
20. If you could set the world record in any event, which record would you want to set?
21. What is something you wish was invented?
22. What is something funny you saw or read that really made you laugh?
23. What was a favorite school field trip you went on?
24. Who is your hero (could be real or pretend) and why?
25. If you could have any job in the world, what would it be and why?
26. If you could travel to another planet or visit the deepest part of the ocean, which would you choose and why?
27. What is your favorite candy or candy bar and why?
28. Who is your favorite cartoon character of all time and why did you pick them?
29. If you had only one vegetable you could eat for the rest of your life, which one would you pick and why?
30. Would you rather swim in a pool filled with chocolate or filled with honey and why?
31. If you had to go back to school and retake any grade (like first grade, sixth grade, high school senior...etc.) which would it be and why?
32. What is your favorite thing to do in your free time?
33. What is the farthest distance you have ever walked and where were you going?

34. Who was one of your favorite teachers and why were they your favorite?
35. What are your favorite shoes you like to wear and why?
36. What is your favorite type of dog and why?
37. Would you rather eat ice cream or pie and why did you choose the one you chose?
38. What is one of the bravest things you have ever done?
39. What is your favorite t-shirt and why?
40. If you had to pick one, which would you rather be, a writer who writes funny stories, a writer who writes scientific stories, a writer who writes about mysteries, or a writer who writes about scary stories? Why did you pick the one you did?
41. Would you rather live in a place where it is blistering hot all year (like the desert over 100 degrees) or in a place where it is freezing cold (like Antarctica)?
42. If you could only eat your food by using popsicle sticks or toothpicks, which would you pick and why?
43. What would you do if you had 100 bucks?
44. What is one of the most interesting things you have ever found at the ocean or at a park?
45. If you were a cowboy or a cowgirl, which would be the first kind of animal you'd try to lasso and why?
46. What is your favorite holiday and why?
47. If you owned a time machine and could go back in time or event to the future, where would you go and why?
48. What item in your backpack or in your toy closet is most helpful to you and why?
49. If you were president for one day, what would you do and why?
50. If you could give a hug to anyone today, who would you want to give a hug to and why?