

CONVERSATION STARTERS

Questions & Activities for Shared Meals

Use these questions and activities to start conversations everyone can join. Choose a few that fit your group, listen to each other's answers, and leave room for follow-up questions.

Questions

1. What was the best part of your day?
2. Did anything make you laugh today?
3. What's something interesting you learned recently?
4. Did someone do something kind for you today?
5. What's something you're grateful for?
6. Is there anything you're looking forward to this week?
7. What's the best meal you've ever had?
8. What's something you wish more people knew about you?
9. What's something you've changed your mind about?
10. What quality do you value most in a friend?
11. Adults: What did you want to be when you grew up?
12. Kids: What do you imagine your life will be like when you're an adult?
13. What's a topic you'd like to learn more about?
14. What hobby or activity would you like to try?
15. What is your most useless talent?
16. If you could be any animal for a day, what would you be?
17. If you could eat the same meal every day for a year, what would you choose?



Activities

1. **Rose, Bud, Thorn:** Take turns sharing something good from the day (rose), something you're looking forward to (bud), and something that was difficult (thorn).
2. **20 Questions:** One person thinks of a person, place, or object. Everyone else can ask up to 20 yes-or-no questions to guess the answer.
3. **Collective Storytelling:** Go around the table and create a story together, with each person contributing one sentence (or even a single word).
4. **Joke Exchange:** Everyone shares a joke, whether it's made up or one they already know.
5. **Interviews:** Take turns being the "interviewee" while everyone else asks questions as if you were a famous guest on a talk show.