Conversation Cards for Happy Meals

Having conversations with your kids is an effective way to increase family bonding.

Cut out the question cards found below, place in a jar, and put it in the center of the dinner table. If you don't have a printer, just write these questions on a sheet of paper and cut them out. Feel free to allow your kids to decorate the jar!

During the family meal, take turns drawing questions from the jar. Make sure everyone gets a chance to answer each of the questions! Describe why as part of your answer.

Discuss! Take turns answering the question. Be polite, encouraging, and don't bring up anything negative. This time is to get to know each other better and bond. Leave arguments out of Happy Family Meals!

If you could only eat one kind of dessert for the rest of your life, what would it be?

If you were cooking your dream dinner for your family, what would you make?

What is something new you learned this week?

What qualities do you look for in a friend?

If you could have a wild animal from anywhere in the world as a pet, which animal would you choose?

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