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!

Tell us one thing that is nice about yourself, and one thing about each person in your family.

What was the hardest choice you ever made?

Tell us what things make you feel most loved.

If you could pick a new first name, what would it be?

What was the very best thing that happened to you today?

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