# 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 add one item to your bedroom, what would it be?**

**Tell your sister, brother, or parent what you wish you could get them as a present.**

**What makes you feel sad?**

**What makes you feel happy?**

**What do you think you will be doing in 10 years?**

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