# 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!

**Finish this statement:**
**I like myself because**

_____

**Name a quality about a family member that will help them succeed in life.**

**If you could do anything you wanted with your family, what would it be?**

**What is one thing that makes you angry?**

**Tell what you would do with a whole day to do anything you wanted to do.**

Copyright © Strengthening Families Foundation, 2023, All Rights Reserved Worldwide | sfp-findinghome.com