



**EVERYBODY
COUNTS**



EVERY BODY COUNTS PRESENTS...

Mealtime Conversation Starters

DESIGNED FOR ALL AGES TO
ENJOY

Light & Fun Questions

What was the best part of your day?

If you could have any superpower, what would it be?

What's your favourite meal we've ever had together?

If you could visit any place in the world, where would you go?

What animal would you be and why?

What's a recipe you'd love to learn to cook?





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Thoughtful & Reflective Prompts

What's something kind you did or saw today?

What's one thing you're grateful for right now?

What's a challenge you faced today and how did you handle it?

What's something new you learned recently?

Who is someone you admire and why?





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Creative & Imaginative Starters

If you could invent a new holiday, what would it celebrate?

What would your dream house look like?

If you wrote a book, what would it be about?

What would you name a pet dragon?

What would you do if you were invisible for a day?





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 Family Connection Questions

What's your favourite family tradition?

What's a memory that always makes you smile?

What's something you love about each person at the table?

What's a fun thing we should all do together soon?

