Family Dinner Conversation Topics

Talking together as a family has immense benefits for children, boosting their communication skills and emotional wellbeing. Try to sit down together to eat as a family as often as you can. Even if you can only do this once a week, it's better than nothing. And try some of these ideas to get the conversation started. It may be worth setting some rules before you start, for example no one is allowed to laugh unkindly at someone else's opinions, everyone has the chance to speak, it is OK to challenge someone's opinion or have a different opinion to them, and so on.

All these ideas are great for the whole family, but particularly suitable for younger children.

Who is your best friend? Why? What makes a good friend?

What is it like to be a child? A parent?

Do you know how your name was chosen? What about your parents' names?

What does it mean to be brave?

If you had one superpower, what would it be? How would you use it to help people?

Why are rules important?

If your pet could talk, what would he/she say?

What are you most looking forward to about your new class/the summer/Christmas/ this weekend?

What makes you feel loved?

If you could do anything you wanted all day, what would you do?

If you could choose a meal, what would it be?

If you were a teacher, what would you teach your class?

If humans get butterflies in their tummies, what do butterflies get? If humans count sheep to fall asleep, what do sheep count?

What one thing would you like to ask your parents/ grandparents about when they were children?

Long ago, people called giraffes 'camelopards', because they thought they were a cross between a camel and a leopard! Think about some other animal names. Is 'elephant' the best name for an elephant? If you could change its name, what would it be? Try this with some other animals.

What is peace?

Tell us one thing you are thankful for.

You can choose a different topic each mealtime, or invite the family to take turns to choose a topic. Let the initial question become a platform for a discussion – you may be surprised how deep and meaningful your conversations become! Happy talking – and enjoy making these connections with your family.