



MEALTIME CONVERSATION TOPICS AND ACTIVITIES

This list is provided just to start your creative juices flowing. Add to it.

- Tell jokes.
- Talk about the high and low points of your day.
- Describe your favorite mistake of the day and how you got past it.
- Talk about mysterious relatives of the past.
- Discuss the life stories of various family members both past and present.
- Come up with a word of the week. Define it. Give a prize for whomever uses it correctly the most often over the coming week.
- Create a story together. Each person takes a turn inventing a character or adding to the previous parts of the story.
- Talk about manners! Have different place settings for different meals and discuss why there are options.
- Tell stories about things you remember from a specific time period or event.
- Vision quest vacations you'd like to take or family outings you would like to have.
- Plan details of upcoming events.
- Give casual book reports or movie reviews.
- There are always current events to discuss.
- Now it's your turn to come up with more ideas. Ask everyone in the family to contribute.

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