



What is your favourite thing to do alone?



What is one thing we can do to support you in your life?



If you were a colour what colour would you be and why?



What is your favourite meal?



When was the last time you felt happy?



What has been your favourite holiday you have ever had?



What is one thing that has made you laugh recently?



what movie have you watched recently? Out of 10 what would you rate it?



When is the best time to talk to you? Morning or evening? Why?



What is one thing that motivates you?



What are 2 things you are grateful for?



What makes you feel loved?

Take a photo of your family answering these conversation starters and TAG us on the socials
www.thetabletalkproject.org



@thetabletalkproject



/TheTableTalkProject



the-table-talk-project