

# DINNER TIME DISCUSSION IDEAS

## Share Your Highlights and Lowlights

- Have everyone share at least one highlight and an optional lowlight
  - We encourage families to always have a highlight because it teaches us to look for the good, even in tough situations
- Keep the highlight or lowlight current and clear
  - Share about the day, not what's upcoming, and avoid being vague
- If you have kids, you can prime the pump by starting first so they can hear an example until they get the hang of it

## Share A Weekly Kindness Story

- What is one nice thing that everyone did for another person this week
  - Teach your kids the value of serving others and showing kindness

## Kudos Jar

- Throughout the week, have your spouse and/or kids write down kind things that others in the family have done for them on a piece of paper and stick it in a jar
- Once a week at dinner, pour the jar of kudos out and read them aloud
  - This is a great opportunity to brag on others and an opportunity for them to feel proud for the things they've done for one another
- Optional: Hand out a small prize for the person who wrote one of the Kudos
  - We give out a \$5 or less prize to one random person we draw from the jar

## Dinner Time Discussion Questions/Topics

Have everyone answer each question or use a different one for each person – it's up to you. Let these questions and topics generate some conversations and remember to have fun!

1. If we could have one person join us for dinner right now, who would you choose?
2. If you could be one Marvel character (or any other genre), who would you be and why?

3. If we could take a family vacation to anywhere in the world, where would it be and why?
4. What do you think the person sitting to your left did today?
5. If you could give one gift up to \$10,000 to the person on your right (no money or gift cards), what would you give them and why?
6. What character traits do you hope will be better in one year?
7. Would you rather live by the beach, the mountains, the city or the country?
8. Rank your top three fast food French fries.
9. Rank your top three cereals.
10. Rank your top three candy bars.
11. How many cats can you have in your home before it gets weird?
12. What one food could you eat every meal for a week?
13. What's the one chore you like to do least?
14. What is something you want to learn how to do and why?
15. Use three words to describe yourself (be positive).
16. If you could ask God one question, what would it be?
17. What is your favorite toy you ever had and why?
18. If you had a twin boy & girl, what names would you give them?
19. What do you do to get yourself out of a bad mood?
20. Do you like sweet treats or salty snacks more?

A few helpful things to help make dinner even better:

- Remove devices from the table (keep them away from the table)
- Encourage attentive listening and work to avoid negative comments, as to encourage sharing
- If you have kids (or a picky spouse!), have some easy meal options available for them to prepare themselves so everyone can sit down together for dinner

