

CONVERSATION STARTERS FOR FAMILIES

with Children



Kaleidoscope

— COUNSELING, PLLC —

FINDING BEAUTY IN THE FRAGMENTS OF LIFE



Why Family Conversations Matter

Strong family relationships are built through small, meaningful conversations. These questions can help family members connect, laugh, learn about one another, and strengthen trust.



GETTING TO KNOW EACH OTHER

- What was the best part of your day today?
- What made you smile this week?
- If you could have any superpower, what would it be?
- What is something you are really good at?
- What is something you would like to learn?
- What is your favorite family memory?



FEELINGS AND EMOTIONS

- What emotion did you feel most today?
- What helps you when you are feeling sad?
- What makes you feel loved?
- What is something that makes you nervous?
- How can our family help when someone is having a hard day?
- What helps you feel calm?



GRATITUDE AND POSITIVITY

- What is something you are thankful for today?
- Who helped you this week?
- What is something kind someone did for you recently?
- What is something kind you did for someone else?
- What is one thing you appreciate about each family member?



SILLY AND FUN QUESTIONS

- If animals could talk, which would be the funniest?
- Would you rather have spaghetti hair or marshmallow feet?
- If our family had a mascot, what would it be?
- If you could invent a holiday, what would people celebrate?
- What would your dream treehouse look like?
- If you could eat only one food for a week, what would it be?



FAMILY CONNECTION QUESTIONS

- What is your favorite thing about our family?
- What family tradition do you enjoy the most?
- What is something fun we should do together?
- What makes you feel safe at home?
- How can we show more kindness to one another?
- What is one goal we can work on as a family?



GREAT FOR DINNER, BEDTIME, OR CAR RIDES



Pick one question each day and let everyone answer. There are no right or wrong answers—just opportunities to connect, listen, and learn more about one another.



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