

CONVERSATION STARTERS

1

CHANGING THE WORLD

If you could design your very own school, what would you want students to do and learn every day, and why?

Do you think children have the power to make the world a better place? Why or why not?

If you're trying to transform the world, do you think it's better to start small, in your own family or community, or go big?

If you could change one thing about the way the world works, what would it be and why?

Brought to you by  **Helping Here.**

2

EITHER/OR

Which do you think is more important and why: being smart or being kind?

How would you rather spend your summer: traveling through a foreign country or working on a project with friends?

Which would you rather be and why: naturally lucky or a hard worker?

3

HEALTHY HABITS FOR LIFE

What are some things you know how to do in order to stay healthy in your mind and body?

If you were a doctor, what advice might you give to your patients about good habits for a healthy life?

What are some good reasons to develop healthy habits, and some risks you run if you don't?

Brought to you by 

4

COMMUNITY

Think about all the people and things in your life that you are grateful to have. How do you think you can help other kids who may not have as much to be grateful for?

Describe a person who would take time out of their day to help strangers. How do they treat others? What kind of things do you think they would say?

Why do you think anyone would work for free to help other people, the environment, or animals?

Brought to you by



5

FAME

Do you think famous people are truly more special than anyone else? Why or why not?

If you suddenly became famous, would you try to be a good role model for other kids? If so, how?

Do you think you would enjoy being famous? Why or why not?

Brought to you by



6

BOOKS AND MOVIES

What is your favorite book or movie?

Which characters would you like to meet in real life?

Would the story make a cool video game? TV show?

What is one thing you would ask the author/actor/director if you could talk to him or her?

Brought to you by



7

EMOTIONS

When you're feeling worried, what are some things you can do to help yourself feel calmer inside?

Do you ever have feelings that seem so big, you think your body might not contain them? What is that like?

Can you think of anything good about feeling difficult emotions like anger, fear, guilt or shame?

What way do you feel most often, and why do you think this is your main emotion?

8

FRIENDSHIP

What are some of your favorite things about your friends, including ways they treat you that make you feel great?

When your friends laugh at you, how do you feel and respond?

What are the qualities of a good friend and a bad friend?

Do you think people should stay friends for their whole lives, or do you think there is value in "seasonal" friendships?

Brought to you by



9

FAMILY TIME AS ACTIVE TIME

What is one of your best memories of our family being active together?

Do you think our family does enough to get our bodies moving and stay active?

What does our family do to be active and get moving that you'd like us to do more often?

What's your favorite activity in physical education class, and should we try doing it as a family?

Brought to you by



CONVERSATION STARTERS

10

GRATITUDE

What are some people, pets, things or experiences that you are really glad to have in your life?

Have you ever experienced something that was tough in the moment, but later you felt glad that you'd gone through it?

Do you think it's important to focus on feeling grateful for someone or something in your life? Why or why not?

Brought to you by  **Helping Here.**

11

KIDS VS. GROWN-UPS

What do you think will be the most fun about being a grown-up someday? What do you think you'll miss about being a kid?

What is something you wish adults understood better about people your age?

What are you looking forward to about becoming an adult, and what makes you nervous about it?

What do you think is the most important thing for parents to teach their children?

12

MOTIVATION

Do you enjoy competing with others (or even with yourself), or do you prefer not to make comparisons?

When you just don't feel like doing something, like homework or getting up early for school, how do you motivate yourself to do it anyway?

What advice would you give to a friend who was thinking about quitting a sport or other activity because it was getting too challenging for them?

Brought to you by 

13

LIFELONG LEARNING

What do you think is the best way to learn about a new subject: taking a class, reading a book, talking with an expert, or some other way?

Do you think it's possible to reach a point when you've learned everything you need to know about life?

What is something about you that makes learning difficult, and something about you that makes learning easy?

Brought to you by 

14

FEELINGS

Where do you think a feeling starts? Does your body tell your mind what you're feeling, or does your mind tell your body what you're feeling?

What differences do you notice in the people around you when you have positive thoughts vs. when you have negative thoughts? Do you feel like you can be sad, angry, or grouchy and still be accepted by others?

Where do you feel joy in your body? Pride? Anger? Jealousy? Sadness? Love?

Brought to you by 

15

SPEAKING YOUR TRUTH

Do you think it's important to speak up and tell the truth, even if it causes conflict or hurts someone's feelings?

If you had a friend who made a choice you didn't agree with, would you tell them your opinion or keep it to yourself?

Have you ever experienced being the only one in a group with a particular belief or feeling about something? What was that like?

16

NUTRITION

What are three foods that are both nutritious and delicious?

Do you think healthy eating should ideally happen all the time, or do you think there's room in a healthy diet for treats?

What are some easy food swaps or changes our family could make to get a little more nutrition in our diets?

17

PLAYING

What is your favorite way to play, alone or with friends?

Have you ever experienced wanting to play with a friend who didn't want to play with you?

Do you think teenagers and grown-ups have their own ways of "playing" throughout their lives, or do you think playing is just for kids?

18

FAMILY

What is your favorite thing that we do together as a family, and why?

What do you think is the best thing about our family, and what would you change about us if you could?

Do you think friends can become family? Can family members also be friends?

Brought to you by  **Helping Here.**

CONVERSATION STARTERS

19

STAYING ACTIVE

What is your favorite way to get your body moving and why?

Which do you like best about being physically active: the way you feel when your body is moving, or the way you feel afterward?

What kinds of physical activity do you hope you'll be doing when you're 25, 50 or 75 years old?

Brought to you by
IT'S TIME TEXAS

20

SUMMER VS. SCHOOL

What is on your bucket list for this summer — something you can't wait to tell your friends about when you're back at school?

Do you think you learn more from your classes and extracurricular activities at school, or from being away from school on break?

What do you miss about summertime when you're in school, and what do you miss about school during the summer?

Brought to you by **HALF PRICE BOOKS**

21

UNIQUENESS

What do you think is unique about you — something that's different and special compared to everyone else?

Do you think people are mostly the same as each other on the inside, or very different from each other?

Do you think the world would be a better place if people could embrace their differences or find more common ground?

22

VALUES AND PHILOSOPHY

Think of the most recent time you had a chance to be kind or helpful to someone. What did you do, and how did it make you feel?

Do you think there can be a positive side to being selfish, or a downside to being confident?

Think of a time when you made a choice that you regretted later. Did you realize it was a bad choice in the moment? If so, what pushed you to do it anyway?

Brought to you by **H-E-B**
Helping Here

23

WELLNESS

What do you think "wellness" is? Do you think it's about being well, as in not sick, or do you think there's more to it than that?

In what ways can you tell your body is starting to feel worn down? What does it feel like physically? Mentally?

Do you think it's worse to have a dull ongoing problem like headaches or a very painful, but short, injury like a sprained ankle?

Brought to you by **MedSpring**
urgent care

24

FEARS, HOPES AND DREAMS

What is something that scares you, and why?

What is something that makes you feel hopeful for the future, and why?

Have you ever had recurring dreams or daydreams? If so, what were they about?

25

MATTERS OF THE HEART

Do you have a crush on anyone at school?

Why does this person make your heart happy? What's your favorite thing about this person?

Does this person make you smile and feel good about yourself?

Brought to you by

Keeper of the fruit loops
Christine Burke: Author | Freelancer | Editor | Mom

26

MEDIA VS. REALITY

How do you know the difference between real life and what is portrayed on the shows you watch?

In which ways is real life better than what you see on the screen?

How do you think boys and girls are different than what you see on movies and shows? What would you do differently if you created a show?

Brought to you by

