



5 Family Conversation Starters

These can be used at dinner, in the car, or before bedtime.

1. What Makes a Great Friend?

Ask: "What are three things that make someone a really good friend?"
"Which one do you think is most important?"

Follow-up:

"How can we practice one of those things tomorrow?"

2. Feelings Detective

Ask: "Can you think of a time today when someone might have been feeling happy, frustrated, nervous, or excited? What clues helped you know?"

Follow-up:

"What could you have done to help them feel better?"

3. Friendship Challenge

Ask: "If someone new joined your class or playground tomorrow, what could you do to help them feel welcome?"

Follow-up:

"What would you hope someone would do for you?"

4. Solving Problems Together

Ask: "If you and a friend both wanted the same toy or game, what are three ways you could solve the problem?"

Follow-up:

"Which solution do you think would make both people feel respected?"

5. Growing Your Friendship Skills

Ask: "What's one friendship skill you're really good at, and what's one you'd like to get better at?"

Examples:

Listening, Sharing, Including others, Saying sorry, Using kind words, Being brave enough to say hello.

Follow-up:

"How can our family help you practice that this week?"