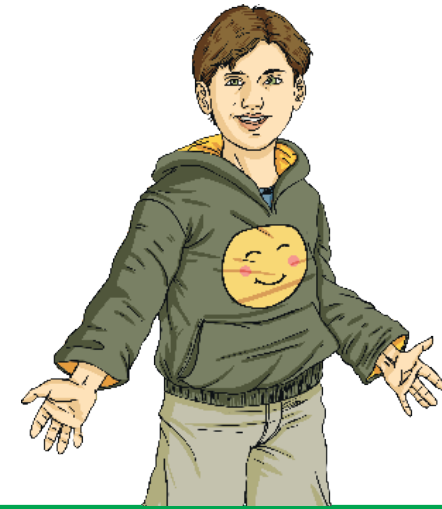


Wellbeing-Themed Family Dinner Time Conversation Starters



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Name one thing that has made you smile today.



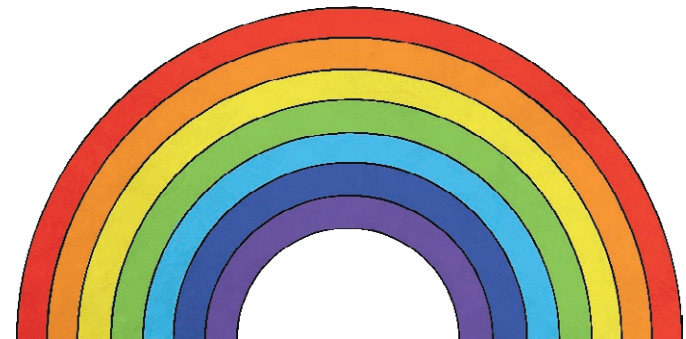
Wellbeing-Themed Family Dinner Time Conversation Starters

Name one thing that has made you laugh today.



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What colour describes how your day has been? Why?



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Have you been kind to someone today? How?



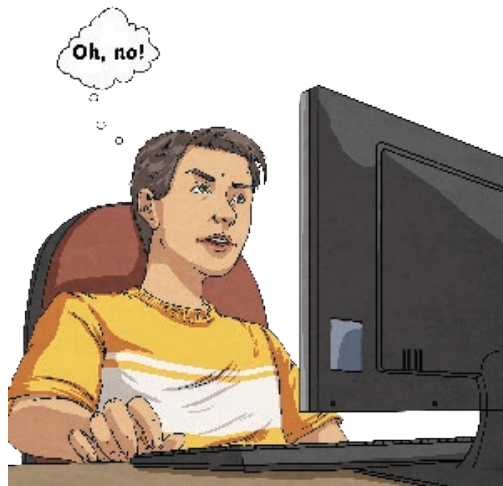
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Name one thing that you have learnt about yourself today.



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What are you most proud of today?



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Has anything worried you today?



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Name one thing that you can do to make a difference in the world.



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Has anyone been kind to you today? How?



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What qualities make you a good friend?



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Describe yourself in one word.



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What is the funniest joke you know?



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Describe your perfect day.



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What is the best thing about being _____ years old?



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Think of something that you could do to help someone tomorrow.



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Are you feeling sorry about anything that has happened today?



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Have you felt angry today? How did you deal with it?



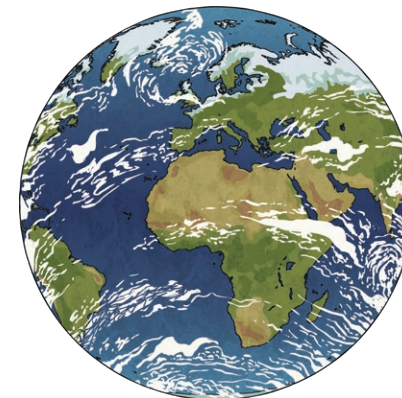
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Has anything that you have seen, heard or learnt confused you today? What was it?



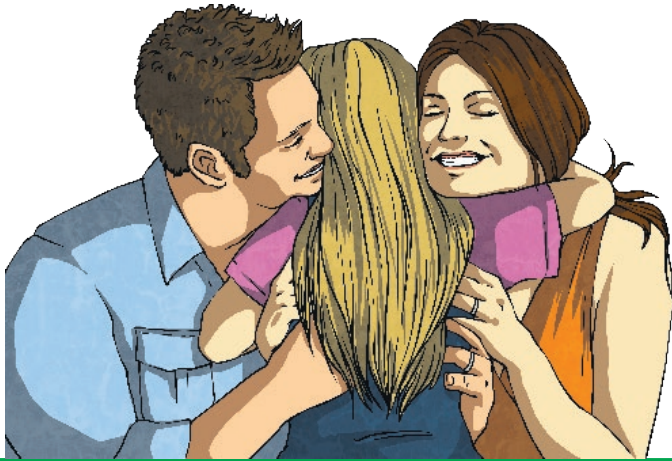
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If you could change one thing in the world, what would it be?



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Name one thing that you are grateful for.



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What is something you don't like about being ____ years old?



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What has made you feel calm today?



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What hobbies or sports would you like to try in the future?



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Name one fun thing you would like to do as a family.

