

A Family Activity from Parent Up

Conversation Starters  
for adults and youth!

**What words would you want your  
friends to use to describe you?**

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**What are you grateful for?**

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**How will you make tomorrow a  
great day?**

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How did you help someone  
today?

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What was the worst part of  
your day?

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What is the best thing about being  
a kid?

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**If you could give someone in your family a superpower, what would it be and why?**

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**If you could be invisible for a week, what would you do?**

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**What are three things you have that your parents didn't have when they were growing up?**

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**What was the best part of  
your day?**

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**If you could invent a new color,  
what would it look like and what  
would you name it?**

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**If you could live forever, would you  
want to? Why or why not?**

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**If you could write a book and get famous, what kind of book would you write? What would it be about?**

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**What would you do if you could travel into the past?**

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**In what ways are you different from your parents? How are you the same?**

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