



Conversation Starters to Express Gratitude

Print these conversation starters out, cut them apart and put them in a bowl, including the blank ones. Set another bowl beside it with a pen. Each family meal, draw one out of the bowl and ask the question to everyone. If you get a blank one, write something that you're grateful for on it. When you've completed, put them in the empty bowl.

Who is someone you could say "thank you" to today? And why?

What is something you do with Mom & Dad that makes you happy?

If you had to give anyone in the world your piggy bank, who would you give it to and why?

If you had to leave your house for a long time, what three things would you grab on your way out?

What is the first birthday or Christmas that you remember and what do you remember?

What is something you'd like someone to tell YOU "thank you" for?

How can you be thankful even when we're upset?

When is a good time to tell someone "thank you"?

How does it make you feel when someone does something really nice for you?

How does it make you feel when you do something really nice for someone else?