

# TABLE TALKERS

IN PARTNERSHIP WITH **DR. JENNY ROSE**, PARENT CHILD EXPERT

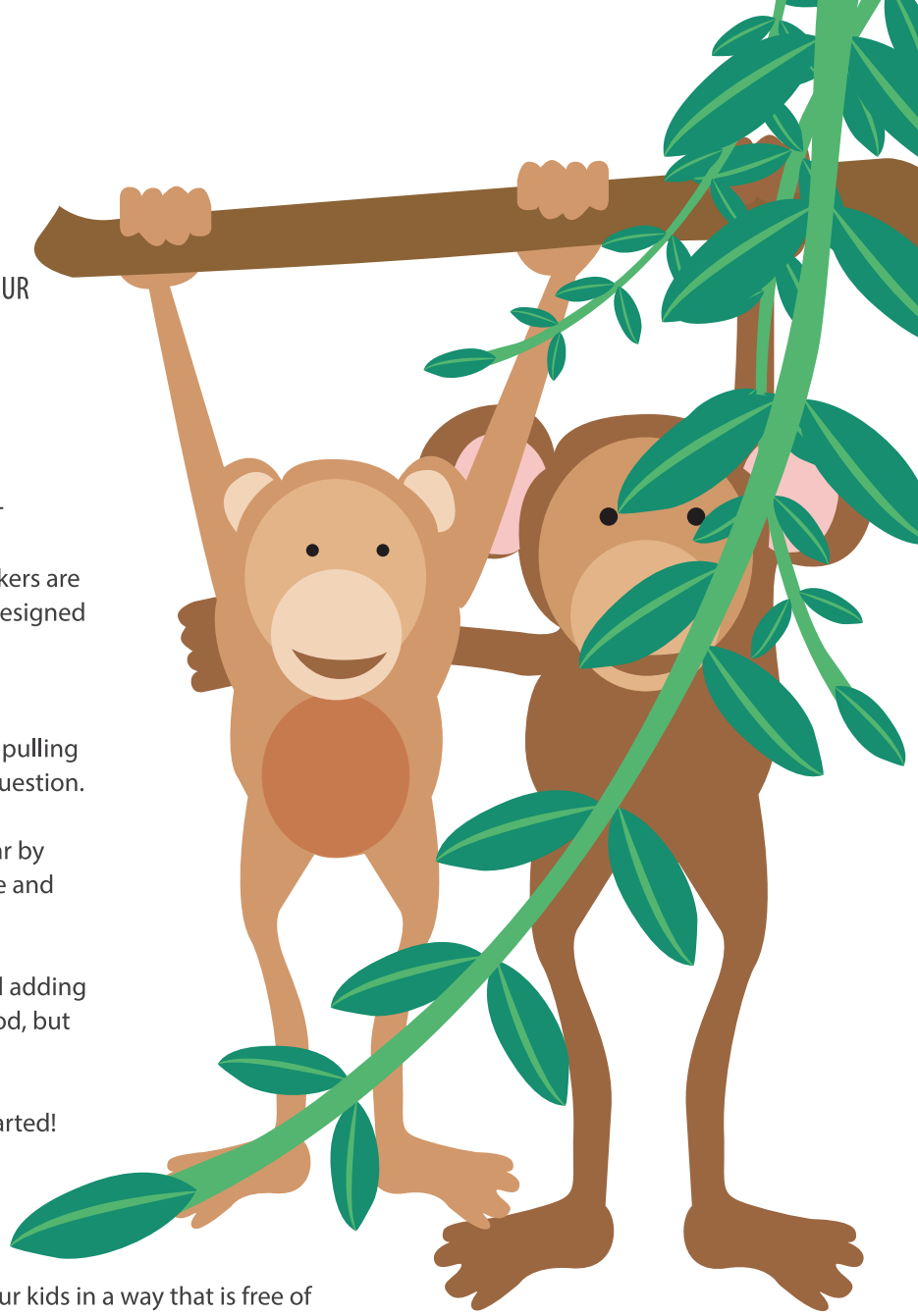
This week's activity focuses on table talkers. Table talkers are cards that have various questions on them that are designed to elicit conversation between family members.

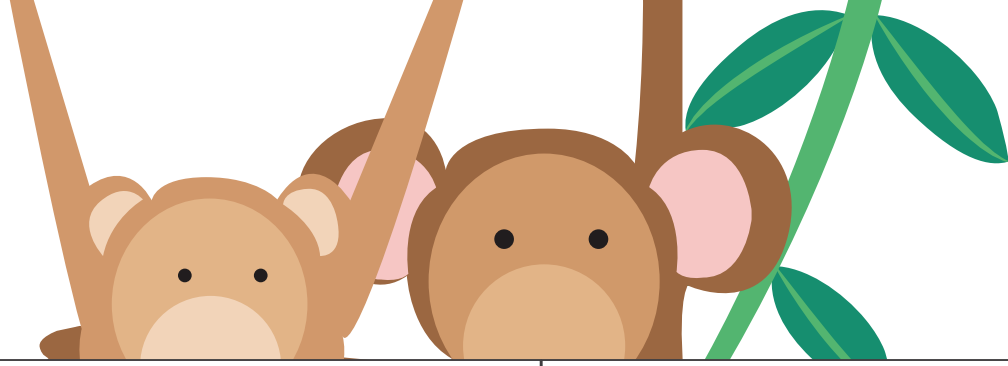
## HOW IT WORKS:

- While around the dinner table this week, take turns pulling a card from the table talkers jar, and exploring that question.
- As an additional activity, you can create your own jar by using an old tub or glass container, with a label made and decorated by the family.
- Allow your kids to take control here, decorating and adding elements as they please. It does not need to look good, but it does need to encourage engagement and fun!
- Fill the jar with your cut out table talkers and get started!

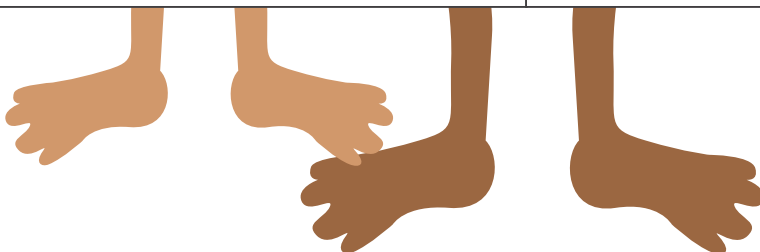
This activity really sparks some of the most basic, yet important components of our primary relationships – engagement and connection.

Through table talkers, we can connect and be with our kids in a way that is free of obstacles, homework, chores, and daily activities. It uses fun, new ways of thinking, some silly possibilities, and unlikely scenarios to get our children to let their guards down ever so slightly and connect more deeply with family members. This activity should be light-hearted and should encourage playful and silly interaction, whilst at the same time fostering a deep and meaningful acceptance of each other.





WHAT MAKES YOU HAPPY?	IF YOUR PETS COULD TALK, WHAT DO YOU THINK THEY WOULD SAY?
IF YOU HAD A SUPERPOWER WHAT WOULD IT BE AND WHY?	WHAT SCARES YOU THE MOST?
WHAT THREE WORDS WOULD YOU USE TO DESCRIBE YOURSELF?	IF YOU COULD BE ANY AGE, WHAT AGE WOULD YOU BE AND WHY?
IF YOU COULD GO ANYWHERE, WHERE WOULD YOU GO AND WHY?	IF YOU COULD MAKE ANY ANIMAL TALK, WHICH WOULD IT BE AND WHY?
WHAT DO YOU THINK YOU'RE GOOD AT?	WHAT IS YOUR FAVOURITE MEMORY SO FAR?
IF YOU WENT TO THE MOON, WHAT THREE THINGS WOULD YOU TAKE WITH YOU?	WHICH IS BETTER TO BE? FUNNY OR HONEST?
IF YOU COULD BE AN ANIMAL WHAT ANIMAL WOULD YOU BE AND WHY?	IF YOU WERE GOING TO TEACH SOMEONE SOMETHING, WHAT WOULD IT BE?
IF YOU COULD MAKE YOUR WHOLE HOUSE OUT OF FOOD, WHAT WOULD YOU USE AND WHY?	WHO IS THE FUNNIEST PERSON AT THE TABLE?
WHICH IS BETTER – TO BE INVISIBLE OR TO FLY?	WHO IS THE MOST SERIOUS PERSON AT THE TABLE?
WHAT DO YOU LIKE THE MOST ABOUT YOUR MOTHER / FATHER / BROTHER / SISTER?	IF YOU COULD MAKE THREE FAMILY RULES, WHAT WOULD THEY BE?



WHAT IS THE HARDEST THING YOU'VE EVER DONE?

WOULD YOU RATHER GO TO THE BEACH OR TO THE SNOW?

WHAT IS THE BEST THING ABOUT BEING PART OF THIS FAMILY?

WHAT DO YOU LIKE MOST  
ABOUT THE PERSON SITTING TO YOUR LEFT?

WHAT IS SOMETHING THAT YOU WOULD LIKE TO LEARN?

DESCRIBE YOUR PERFECT DAY

WHY DO YOU THINK PEOPLE  
ARE ALL SO DIFFERENT FROM EACH OTHER?

IF YOU COULD HAVE ONE WISH COME TRUE,  
WHAT WOULD IT BE?

WHAT IS YOUR FAVOURITE FAMILY TRADITION?

TELL US ABOUT SOMETHING YOU HAVE DONE  
RECENTLY THAT IS KIND

