Conversation Starters for All Ages



Conversation Starters



What's something funny or exciting that happened today?

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What's something you're proud of?

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What's your favorite place you've lived so far?

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If you could pack a suitcase for your next move, what would you put inside?

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Can you think of something special your family does when you're feeling sad or missing someone?

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When you're feeling sad, what helps you feel happy again?

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What special traditions or celebrations does your family have because you're a military family?

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What is one thing you do that makes you feel brave?

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What helps you feel better when you're missing someone or someplace?

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Who helps you feel safe when things are changing a lot?

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If you could send a care package to someone you miss, what would you put inside?

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What do you do to feel calm if things around you feel too noisy or busy?

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