

50 Dinner-Table Talk Sparks

Turn dinner into daily speaking practice

The best speaking practice is disguised as conversation. Each set grows a different muscle. Ask one a night, and encourage a full answer, not just a sentence.

Storyteller sparks · builds narrative

1. Tell about a time you were really brave.
2. What is the funniest thing that happened this week?
3. Describe your perfect day from start to finish.
4. Tell a story about a time something went wrong.
5. What is a memory that always makes you smile?
6. Describe a place using only what you'd see, hear, and smell.
7. Tell about the best surprise you ever got.
8. If today was a movie, what would the title be?
9. What is a small moment you'll never forget?
10. Start a story with "You won't believe this..."

Debater sparks · builds reasoning

1. Should kids get paid for good grades?
2. Is it better to be early or late?
3. Should homework be banned?
4. Cats or dogs, and why?
5. Should school start later in the morning?
6. Is it ever okay to break a rule?
7. Would you rather be famous or rich?
8. Should phones be allowed at school?
9. Is honesty always the best policy?
10. Should everyone learn to cook?

Imaginer sparks · builds creativity

1. If you could invent anything, what would it be?
2. One superpower for a day, what is it?
3. If animals could talk, who would you ask first?
4. Design your dream treehouse out loud.
5. You're mayor for a week, what changes?
6. If you could visit any time period, when?
7. What would you put in a museum about you?
8. Invent a brand new holiday.
9. If you ran a restaurant, what's on the menu?
10. You find a door to anywhere. Where does it go?

Reflector sparks · builds self-awareness

1. What are you proud of this week?
2. What is something hard that got easier?
3. Who did something kind for you lately?
4. What is a mistake that taught you something?
5. What are you grateful for right now?
6. What would you tell your younger self?
7. When did you feel really confident?
8. What is a goal for next week?
9. What makes a good friend?
10. What is something you changed your mind about?

Persuader sparks · builds influence

1. Convince us to watch your favorite movie.
2. Sell us on your favorite food in 30 seconds.
3. Persuade the family to plan a trip.
4. Why should you pick the weekend plan?
5. Convince us a new pet is a great idea.
6. Pitch a fair chore swap.
7. Why is your favorite hobby the best?
8. Talk us into trying something new this month.
9. Persuade us your bedtime should change.
10. Make the case for a family game night.

Parent tip: After an answer, give one VEG nudge ("love that, now try it looking at us") and one genuine reaction. Being truly listened to is what makes kids want to speak more.