

If you could have any super power, what would you choose and why?

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If you were stranded on a desert island, what is the one thing you would want with you and why?

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If you could go anywhere in the world, where would you go?

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If you won \$50, what would you do with it?

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If you could be in a movie or TV show, what one would it be and which character would you be?

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If you could pick your own name, what would it be?

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If you could travel back in time, where would you go?

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If our family lived in the zoo, what animals would we be?

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If you could be anyone else for a week, who would you be?

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If you could invent anything, what would you invent and why?

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What made you smile or laugh today?

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What did you do to make someone else smile or laugh today?

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What is something you are most proud of?

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Tell each person at the table something they do that you like.

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If you could have dinner with anyone, who would it be and why?

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Who is the funniest person you know? Why?

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Describe yourself in 5 words, using your 5 senses (sight, taste, smell, touch, and sound).

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What is something you want to learn how to do?

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What is one thing you have always wanted to ask your mom/dad/grandparent but never have?

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What is your favorite thing about this season (fall/winter/spring/summer)?
What is your favorite season?

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What is your favorite joke?

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What is the best book/movie/TV show you have read/watched recently?

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What is your favorite family game?

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What is your favorite fact about animals?

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If you could spend a day doing anything you wanted, what would you do?

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If you were a food, what would you be and why?

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What is your favorite family meal?

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What is one thing you would like to cook together?

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What is the best tasting food you have ever eaten?

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If you could eat only one food for a month, what would it be? Why?

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Describe this meal in 5 words using your 5 senses (sight, taste, smell, touch, and sound).

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Conversation Cards from the Cent\$ible Nutrition Program. Learn more about healthy meals for the whole family at uwyocnp.org.

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