

DISCUSSION QUESTIONS

Establish values through intentional conversations while you eat together.

Share your favorite childhood memory with your kids. Then, ask your kids what their favorite memory is!

What was the "high" and the "low" of your day today?

How can we make each mealtime a celebration in our home?

If you could travel anywhere in the world, where would it be?

If you had one wish, what would you wish for and why? (You can't wish for more wishes.)