



Enjoy These Dinnertime Conversation Starters



When is it especially important to say 'thank you'? Do you notice when people thank you, or forget to thank you?

How has your understanding of gratitude changed over the years? What did you feel most grateful for when you were younger? And today?

Gertrude Stein said, "Silent gratitude isn't very much to anyone." Describe the most creative way you've ever expressed thanks to someone, or someone has expressed thanks to you.

How do you feel when you receive thank you cards from your friends or when they say 'thank you'? Why?

What are 3 things you could give to or do for a close friend that would make him or her happy?

If you started your own charity, who or what would it help?

If you could give one present to the world, what would it be?

Are there lessons you have learned about giving that you could share with others?

Have you ever volunteered? What did you do? Did you enjoy it?

Did you do anything to help someone recently? What was it? If not, what could you still do?

When you do something nice for someone, how does it make you feel?

Do you know someone who is a giving person? Who is it and what makes them so?

Think about someone you know who could use a pick-me-up or a helping hand. Who is it and what could you do for them?

What was the best gift you ever received?

What is something you love that you would like to share with someone else?

What can you give or do for someone that doesn't cost any money?

What is a strength or gift that you could teach others?

Think about a person in your family (living or not) who gave back to others. In what ways did they give to others? What could you do to be more like this person?