


# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**





Use these cards to start important conversations with your family, friends, and loved ones.

Practice **“Screens down, eyes up”** to build meaningful connections with those around you.

**Answer prompts and fill in the blanks with these conversation cards.**

For more connectedness tools,  
visit [rappahannockareacsb.org/connectedness](http://rappahannockareacsb.org/connectedness)

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**



**What would you do if  
you could be an adult  
(or kid) for a day?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**



**What's one question  
you've always wanted  
to ask me?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**What is your  
favorite memory  
of us and why?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**How would your  
friends describe you?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**Who is one person  
you look up to  
and why?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



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

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**If you could have any  
superpower, what  
would it be and why?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**Tell me one funny  
thing you saw today.**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**If you met a genie,  
what three things  
would you wish for?**

— — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**



**Who is/was your  
favorite teacher? Why?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**Would you rather  
play the villain or  
the hero in a movie?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**



**Would you rather  
give up social media  
or texting for an  
entire year?**



# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**How can I support  
your mental wellness?**



# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**What are the best ways to cheer you up if you're having a rough day?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**What three words  
best describe our  
family?**

— — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**If you could be any  
age right now, what  
age would you be?  
Why?**



# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**What do you love  
about school (work)?  
What do you NOT like  
about school (work)?**



# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**Tell me your  
favorite joke.**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**



**When was the last  
time you laughed  
so hard you cried?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



**How can I support  
you today?**



# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**



**If we all lived in a zoo,  
what animals would  
we be and why?**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



(Finish the sentence)

**I feel happy when**

---

-----

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



(Finish the sentence)

**I feel sad when**

---

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



(Finish the sentence)

**I cry when**

---

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**



(Finish the sentence)

**I feel confident when**

---

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



(Finish the sentence)

**My family treats me**

---

-----

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



(Finish the sentence)

**I can go \_\_\_\_\_ hours  
without my phone.**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



(Finish the sentence)

**I can go \_\_\_\_\_ hours  
without social media.**

— — — — —

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



(Finish the sentence)

**I'd like to  
volunteer with**

---

- - - - -

# FAMILY CONVERSATION STARTERS

**SCREENS  
DOWN  
EYES UP**



**RAPPAHANNOCK AREA**  
COMMUNITY SERVICES BOARD



(Finish the sentence)

**Three things I love  
about you are**

---

— — — — —