

FAMILY CONVERSATION STARTERS

**SCREENS
DOWN
EYES UP**

hope starter | 

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 rappahannockareacs.org/connectedness

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

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

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

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**How would your
friends describe you?**



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

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

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

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



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

— — —

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

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



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



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



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

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

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



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



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**Tell me your
favorite joke.**

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

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**How can I support
you today?**



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



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(Finish the sentence)

I feel happy when

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(Finish the sentence)

I feel sad when

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(Finish the sentence)

I cry when

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(Finish the sentence)

I feel confident when

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(Finish the sentence)

My family treats me

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(Finish the sentence)

**I can go _____ hours
without my phone.**

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(Finish the sentence)

**I can go _____ hours
without social media.**

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(Finish the sentence)

**I'd like to
volunteer with**

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(Finish the sentence)

**Three things I love
about you are**
