



## Iftar Conversation Starters

Here are some suggestions for breaking the ice and starting conversation at the iftar table. Print and cut out to use as a card deck, or fold and draw from a basket or bowl. You may choose to ask everyone the same question or have each person answer a different question.

And remember, listening is just as important as speaking! Be sure to give the person speaking your full attention, maintain eye contact, and acknowledge their feelings.

**What is one thing that makes you smile the most?**

**What are you most proud of today?**

**What is one quality you appreciate in each other?**

**What are three things you feel grateful for today?**

**What scares you the most?**

**What was the hardest thing you had to do today?**

**What's one experience you wish we will have together one day?**

**What makes you happy when you are sad?**

**What is your favourite family tradition?**

**What made you smile (or laugh, giggle, cry, feel sad, feel happy) today?**

**When are you (or have been) most afraid?**

**What is one thing you would like to learn to do well?**

**Do you know someone who is going through a hard time?  
How can you help them?**

**When do you feel closest to me?**

**What makes you feel loved?**

**Are there any lessons you learned today you'd like to share?**

**If you could give me anything in the world, what would it be and why?**

**If you were my age, what advice would you give yourself?**

**Have you ever felt stress about a situation? What happened?**

**What is the hardest thing about being your age right now?**

**Tell us about your favourite family memory.**

**How did you help another person today?**