

## 1. FRIENDSHIP

- What would make you not want to be friends with someone?
- What has someone done that made you realize you were definitely friends?
- How do you show a friend that they matter to you?

## 2. SUMMER PLANS

- When school starts again in the fall, what are three words you'd like to be able to use to describe this summer?
- What is one experience you'd love to have this summer?
- What would you like to learn or get better at this summer?

## 3. TECHNOLOGY USE

- What do you think about technology and social media?
- Are people the same in person as they are on social media?
- Why do you want "likes"?
- Are you on social media (computer or games) more or less than your friends?
- When do you know to stop?
- If you were a parent would you be concerned about social media?

**MARATHON  
KIDS**

# CONVERSATION STARTERS

PICK ONE TOPIC PER MILE



## 4. BODY IMAGE

- What are teenaged (same gender child) "supposed" to look like? Who decides?
- (Using a billboard, advertisement or magazine ad with anyone's picture) What do you think they might've photoshopped?
- Why is there a need to photoshop anything...those things you mentioned?

## 5. HEALTH

- What does being healthy mean to you?
- How do you already take care of your body, your mind, your spirit?
- What do adults have to do to be healthy that's different than kids?

## 6. FAMILY COMMUNICATION

- If someone has to tell you to fix something or that you messed up, what's the best way for them to tell you?
- What's a way you communicate with other people sometimes, and then wish you hadn't?
- What's the praise that makes you feel best?
- What makes you feel heard?

## 7. BE IN CHARGE

- If you were the parent in our family...what rules would you keep?
- ...what rules would you change?
- What is the best part of being a parent...what is the hardest part?

## 8. MAKE YOU LAUGH

- Who is your funniest friend?
- What makes you laugh the hardest?
- When was the last time you laughed out loud?



## 9. CAREERS TO AVOID

- What type of job do you think you would be happy doing? (You may want to give some examples as a way of getting them thinking)
- What is the difference between a job and a calling?
- What are some jobs that you have thought about doing?
- Can you think of someone who is happy in their job? Why?

## 10. PARENTS AS KIDS

- What would you guess I got in trouble for when I was your age?
- What do you think was my favorite part of school?
- What do you think I wanted to be my job as a grown up when I was your age?

## 11. DREAM VACATION

- If we could take a vacation ANYWHERE where would you want us to go?
- What would you not want to travel without?
- What would you miss at home?

## 12. SUPERHERO

- What would your superhero name be? And what would your superpower be?
- What other superheroes would be your friends? Why?
- What is the difference between a hero and a superhero?

## 13. GROWN UP SECRET CODE

- What do grown ups and kids have in common?
- Do grown ups show feelings the same way as kids?
- Do you understand grown up problems? Why? Why not?
- What's a problem that grown ups have that kids don't?

## 14. HELPING A FRIEND

- What's the difference between a surprise and a secret?
- What kinds of secrets wouldn't you want to keep for a friend?
- What are problems that kids sometimes face that they really need a grownup to help with?

## 15. FAMILY TRADITIONS

- Can you think of some examples of family traditions and why people do them?
- What do we do in our family that you think make us more connected or happier?
- What's one tradition you think isn't working, or one you'd like to add?



## 16. MOOD CHANGES

- Have you ever been in a mood that surprised or upset you?
- What do you do that changes your own mood?
- What can someone else do that usually makes your mood improve?

## 17. CRAZY WORDS

- What are some of your favorite words that you believe make a difference to other people?
- Have you ever been called something you really didn't like?
- What words have you used that someone else didn't like and you were surprised by that?



## 18. WHICH WOULD YOU PICK

- Would you pick the ability to travel - just by deciding to - through space or through time?
- Would you pick a whole school year without homework or without tests?
- Would you pick becoming a YouTube star or discovering something amazing?

## 19. WHAT ADVICE WOULD YOU GIVE

- What advice would you give... the parents of a first grader who wanted to get a smartphone?
- ...an athlete or a celebrity that made a mistake and got in trouble?
- ...someone in your class who thought the teacher didn't like them?

## 20. IF YOU COULD SPEND ONE DAY...

- If you could spend one entire day as an animal, which one would you pick?
- If you could spend the day as you but a totally different age, how old would you be?
- If you could become the character in one book or movie for a day, who would you be?

## 21. COMPETITION

- Would you rather try to beat your own record at something or everyone else's?
- Is there a downside to always competing?
- What made-up competition would you DEFINITELY win?

## 22. STUFF YOU LOVE

- If you had to watch the same movie every month, which one would you pick?
- If you could take one person your age with you to a deserted island for a week, who would you take?
- If you had "walk on music" every time you entered a room, what song would play?



## 23. ROAD TRIPS

- What's the farthest place you think we could get to on a family road trip with no one complaining?
- What are three things we HAVE to bring on a road trip if we want to have fun?
- If we could bring one extra person with us to make road trips easier, who in the world should we bring?

## 24. PEER PRESSURE

- Have you ever seen a kid your age behave better because everybody else was?
- What's something you would never do even if everyone you knew said it was great?
- What advice would you give to someone who wasn't sure if they should pick the after school activity they were most excited about or the one most of their friends were choosing?

## 25. RUN YOUR OWN SCHOOL

- If you ran a school for grownups, what would be some of the classes you'd offer to teach them things you think they need to learn?
- If a school could have only three rules, what should they be?
- What's one thing that would make your school better?

## 26. GOOD AND BAD

- What were/are some of your greatest challenges during the COVID pandemic?
- What were/are some good things that came out of this tough time?
- If you could do one thing different this past year, what would it be?
- Many of us have felt pretty helpless and out of control this past year. What are some things that you have realized that you still can control?