

# Digital Fast: Device-Free Table Talk

## Questions to Create Meaningful Family & Mealtime Conversations

Put phones away and choose one or two questions to spark connection, laughter, and deeper conversation. These prompts are designed to help everyone at the table be present and build memories together.

## General Conversation Starters

1. Who is the most famous person you've ever met?
2. If you could instantly learn a new skill, what would it be?
3. Who is someone you really admire, and why?
4. What is your earliest memory?
5. What made you smile recently?
6. What is your favorite place you've ever visited?
7. What is your favorite family tradition?
8. What is something new you'd like to try this year?
9. What is the best advice you've ever received?
10. If you hosted a late-night talk show, who would be your first guest?
11. If you had to sing karaoke, what would your go-to song be?
12. If you could eat only one meal for the rest of your life, what would it be?
13. If you were stranded on a deserted island, would you rather be with your worst enemy or completely alone? Why?
14. If aliens landed on Earth tomorrow and offered to take you home with them, would you go?
15. If you were sailing around the world, what would you name your boat?
16. When you were a child, what did you want to be when you grew up?
17. What fictional world or place would you most like to visit?
18. What is your favorite time of day, and why?
19. If you had a time machine, would you travel to the past or the future?
20. What is the weirdest food you've ever eaten?
21. If you could hang out with any cartoon character, who would it be, and why?
22. If you could live anywhere in the world for one year, where would you choose?
23. If you could invite any two famous people to dinner, who would they be?
24. If you could rename yourself, what name would you choose?
25. What is the most adventurous thing you've ever done?
26. What is the strangest thing you believed as a child?

27. What is one thing you're grateful for right now?
28. What has been the most surprising part of your day or week?

#### Tips:

- Take turns choosing the question
- Everyone gets a chance to answer
- No phones on the table
- Avoid criticism or comparison
- Be mindful of emotional safety
- Keep the tone light and relaxed
- Appropriate for age and context
- Listen without interrupting

#### Enhance fun and interaction:

- Turn each question into a card (can use index card to DIY) and organize them by category.
- Take turns drawing a card or let one person choose a card, and everyone shares their answers in turn.
- You can also let the children add their own questions, which adds more fun and engagement.



## Questions asked by children under 10 years old to their parents:

### About Mom and Dad when they were little

- What was your favorite game when you were a child?
- What were you most afraid of when you were a child?
- Were you ever scolded by your teacher when you were a child?
- Who was your best friend when you were a child? Why did you like him/her?

- Did you do anything embarrassing when you were a child?
  - Did you ever secretly cry when you were a child?
  - What did you do when you did poorly on tests as a child?
  - Do you often argue with your parents when you were a child?
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### About love and family

- If I do something wrong, will you stop loving me?
  - If our whole family were to travel, where would you most like to go?
  - Why did you choose to marry mom/dad?
  - Which part of me do you think is most like you?
  - What kind of person do you hope I will become when I grow up?
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### On life and values

- When do you feel brave?
  - Why do you work hard?
  - How do you define a good person?
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### Easy and fun questions

- If you could become a child for a day, what would you want to do?
- If you had superpower, what would you want to do with it?
- If we were to keep a pet, what would it be?
- What would happen if we lived in a forest/outer space/on the ocean floor?
- Are you afraid of your mom/dad?
- What's the most fun thing you've ever done ?
- If you were the school principal, what rules would you change?
- If you could have a year off, what would you do?

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### Questions about emotion

- Have you ever felt very sad but didn't dare to say it?
- How do you resolve arguments with your friends?
- Have you ever been misunderstood?
- When do you feel bored?
- How do you know someone loves you?

## Questions parents ask their children under 10 years old:

### Everyday life problems

- Which part did you like the most today?
- Is there anything that you found difficult today?
- Who do you play with?
- What did you learn today?
- If there were a color today, what color would it be?

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### Feelings and Emotions

- When do you feel happy today?
- When do you feel sad?
- What made you angry?
- What do you do when you're angry?
- What makes you feel better?
- When do you feel truly safe?

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### Family Relations

- What do you like to do with your mom?
  - What do you like to do with your dad?
  - When do you feel most loved?
  - How can we get closer to each other ?
  - What kind of family rules do you like?
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### **Character and Values**

- What is the meaning of kindness?
  - Did you help anyone today?
  - Has anyone helped you?
  - What is sharing?
  - Why is it important to tell the truth?
  - What kind of person can be considered a good friend?
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### **Confidence and Acceptance**

- What are you good at?
  - What are you most proud of?
  - What new things would you like to try?
  - What makes you brave?
  - What makes you special?
  - What qualities do you like about yourself?
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### **Imagination and Fun**

- If you had a superpower, what would you want it to be?
- If you could build anything, what would you build?

- If animals could talk, what would they say?
  - If our whole family went on an adventure, where would we go?
  - If you were a parent for a day, what would you do?
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#### Bedtime parent-child interaction

- What was the best part of today?
- What was the most difficult part?
- What are you grateful for?
- Who did you make happy today?
- Do you know how much we love you?

## Questions teenagers ask their parents:

#### About your life

- What was the most difficult period of your life? How did you get through it?
  - What was the biggest pressure you faced when you were young?
  - Have you ever felt lost? How did you find your direction?
  - What's the bravest decision you've ever made?
  - Is there anything you're still learning?
  - Have you ever failed miserably? How did you cope with it afterward?
  - Have you ever made an important decision that you regret?
  - What do you care about most right now?
  - Which stage of life do you think is the most difficult?
  - If you could do it all over again, what would you change?
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## ♥ About marriage and family

- Why did you choose mom/dad?
  - How do you recover after you two argue with each other?
  - How did you decide to have me?
  - What was your biggest worry when I was born?
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## 🎓 Regarding academics and career

- How did you decide when you chose your major/job?
  - Have you ever wanted to change jobs but were afraid to?
  - What do you hate most about your job?
  - When are you most proud of your achievements?
  - Would you want me to follow the same path as you?
  - Do you think choosing based on interest or income is more important?
  - If I choose a path you're not familiar with, will you support me?
  - What is your definition of success?
  - Do you think stability or risk is more important?
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## 💡 On values and beliefs

- Are your values the same when you were young?
- How do you distinguish between right and wrong?
- How do you deal with stress?
- Have you ever doubted your direction in life?
- How do you cope with loneliness?
- How do you deal with anger?
- How do you forgive others?
- What is your view on money?

- What are your thoughts on faith/the meaning of life?
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### **About our relationship**

- What is your biggest expectation of me?
- What are you most worried about regarding me?
- What do you think is most like you in me?
- What are you thinking when I disappoint you?
- What do you think is the thing you are most proud of about me?
- If we disagree, how would you like me to express it?
- Are you willing to hear my different ideas?

## Questions parents ask their teenagers:

Daily questions (simple yet effective)

- What was the best part of today?
  - What part of the day is the most stressful?
  - Did anything unexpected happen to you today?
  - Have you ever felt that something unfair has happened?
  - How was your day? (1-10 points)
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### **Emotion and Mental Health**

- What have you been thinking about lately?
- Do you have any worries?
- When do you feel the most stressed?

- What can calm you down?
  - Do you feel a lot of stress? Where does the stress come from?
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### **School and Future**

- What subject do you think is the most meaningful?
  - What things at school make you feel like they're meaningless?
  - What kind of job do you think you will like in the future?
  - What skills would you like schools to teach more/better?
  - What motivates you to study?
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### **Friends and Social Life**

- Who is your best friend?
  - What makes someone a true friend?
  - Have you felt neglected lately?
  - What kind of friend do you want to be?
  - Have you encountered any tricky problems?
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### **Technology and Social Media**

- How do you feel about social media?
  - Do you compare yourself to others online?
  - What misconceptions do adults have about your generation?
  - What do you consider to be healthy ways to use a mobile phone?
  - Do you feel stressed when you go online?
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### **Identity and Self-Discovery**

- What are you most proud of?
- When do you feel most confident?
- When do you start to doubt yourself?

### On Culture and Belonging

- At school, do you feel more like an American, or more like an Asian? Or neither?
- When do you feel most strongly that you are Asian?
- Have you ever wished you weren't so "different"?
- Do you feel stressed because of your family culture?
- Do you feel like you're a different person at home and at school?
- Is there any aspect of your culture that you are proud of?
- Is there any aspect of the culture that makes you feel awkward?
- What traditions would you like to keep in our family? Which ones could be adjusted?

### About Schools and Stereotypes

- Have you ever been labeled (e.g., "must be a good student")?
- Would you hide certain interests because of other people's opinions?
- Have you ever felt excluded/not fit in?
- Have you ever experienced a moment where you felt respected?
- How do you usually handle it when someone makes racial jokes?
- How would you like me to support you in dealing with these situations?
- Do you have friends at school with whom you can be completely yourself?

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### Family Relationships

- When do you think we support you the most?
- What did we do to make you angry?
- How can we communicate better?

- Do you feel safe talking to us?
  - What are your favorite family traditions?
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### Values and Character

- What do you think success means?
  - What kind of character traits do you value most?
  - How do you determine right from wrong?
  - What type of adults do you respect?
  - What qualities should an excellent leader possess?
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### Deeper issues of trust (ask occasionally, not daily)

- Is there something you're afraid to tell us?
- Do you think we've ever judged you?
- Is there pressure that we cannot see?
- In what areas would you like us to trust you more?

## Questions between childless couples:

### Daily Connection

- What was the best part of today?
  - What are you most nervous about today?
  - What are your true feelings right now?
  - What do you need me to do this week?
  - What have you been thinking about lately?
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## Emotional intimacy

- When do you feel closest to me?
  - When do you feel misunderstood?
  - What makes you feel most loved?
  - What small thing did I do that was so important to you?
  - How can I better help you?
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## Growth and Dreams

- What other dreams have you not told me?
  - Which skill do you want to develop?
  - What kind of life do you think is meaningful?
  - What kind of adventure should we plan?
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## Romance and Love

- What's your favorite memory of us?
  - When did you realize you were in love with me?
  - What's so special about our relationship?
  - How can we make life more romantic?
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## Deep Reflection

- What had the biggest impact on you during your upbringing?
- What are the fears you rarely talk about?
- What motivates you to do things ?
- What do you think success means?
- What kind of legacy do you want to leave behind so that people will remember you ?

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## Communication and Conflict

- As a couple, what are we good at handling?
- What areas can we improve upon?
- What methods can help you calm down when we're arguing?
- What makes you feel you are listened to?
- How do we resolve conflicts in a healthier way?

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## Real Life

- What are your financial goals?
- What do you think financial security means to you?
- How do you prefer to allocate financial responsibilities?
- What kind of lifestyle makes you feel peaceful and comfortable?
- What's worth spending money on?

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## Fun and entertaining

- If we achieve financial freedom, what would be the first thing we do?
- If we could choose to live anywhere, where would we choose?
- What are our most interesting memories?
- What silly habits of mine do you secretly like?

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## A deeper issue of trust

- Is there anything you'd like me to know more about?
- Do you feel that you can be completely yourself when you're with me?
- What would you like to add to our relationship?

- What do you think a commitment means?
- What makes you feel safer?

## Questions parents asked their grandparents:

### Family History and Stories

- What was your childhood like?
  - What games did you play when you were a child?
  - What is your relationship with your parents like?
  - What family traditions do you miss the most?
  - What was the happiest time of your life?
  - Which stage of life is the most difficult?
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### Wisdom on Marriage and Parenting

- What have you learned from raising children?
  - What do you think are the good things that parents do nowadays?
  - What are the most important values to teach children?
  - If you could have another parenting experience, what would you change?
  - As parents, what advice would you give us?
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### Family Culture and Values

- What kind of family culture do you hope we will establish?
- What traditions should we preserve?
- What traditions should we discard?
- How can we handle differences in a respectful manner?

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## Wisdom of Life

- As you get older, what becomes most important?
- Which concerns are actually not that important?
- What is the most memorable regret for you?
- What do you now believe true success means?
- What kind of legacy do you want to leave behind?

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## Relationships

- How can we better communicate across generations?
- What makes you feel respected?
- What makes you feel neglected?

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## Perspective and Change

- What do you think is the biggest change in society?
- What aspects of this generation do you admire?
- What are your concerns about the future?
- What gives you hope about the future?

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## Fun

- What was your first job?
  - What was your favorite music when you were a child?
  - What trendy clothes did you wear that you find funny now?
  - If you could go back to your youth, what different things would you do?
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 **Deeper** , more heart-touching issues

- What are you most proud of?
- What do you hope your grandchildren will remember about you?
- What other dreams do you still have left unfulfilled?
- When do you feel the most love from your family?