



HIGHS & LOWS

A MEAL TIME CONVERSATION STARTER

A simple and fun way to communicate and connect as the family meal is shared.

Go around the table with each person sharing the 'high' and 'low' of their day. As we listen we learn more about each other's day and what makes us happy, worried, or excited.

Don't forget - the adults get to have a turn too!

For more meal time conversation ideas visit <https://thefamilydinnerproject.org/conversation/>