

Healthy Minds *Conversation* Starter Cards

Cut out these cards, keep them at the dinner table or in the car to get a conversation started.

What would be your
superpower?

askAAMC.org/HealthyMinds | 

Would you rather play
in the sunshine
or the snow?

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What's your favorite
thing about your
best friend?

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How would you
spend a perfect
Saturday?

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Where would you go
on your dream
vacation?

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What new holiday
would you invent?

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If you could change
your name, what
would it be?

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If you could speak
another language,
what would it be?

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What would you
do if you were
President?

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What book, TV or video
game character do
you wish you could
meet in real life?

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If you could invent a
new flavor of
potato chips, what
would it be?

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Would you rather explore
outerspace or the
bottom of the **ocean?**

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What was the
kindest thing
you did this week?

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Who from **history**
would you want to
FaceTime or text?

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What **invention**
do you think has been
the most important?

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If you could change
one rule in a sport you
play, what would it be?

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Who would you
want to play you in a
movie?

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Would you rather
win an award
for best movie of the year or
best song of the year?

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What's your favorite
trick to *cheer*
someone up?

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Would you rather spend
a day on the *beach*
or on the top of a
mountain?

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Name three things you
have in common with your
best friends.

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If you could be any
animal, what would
you be?

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If you could only
eat one thing
for a year, what
would it be?

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What *family*
member do you
think you are most like?

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Create Your Own

Use these blank cards to write your own conversation starter questions.

