## Sharing Parenting Conversation Starter Suggestions

- 1. If you could be any animal what would it be?
- 2. What are you missing while being in lockdown?
- 3. What takeaways are you missing in lockdown?
- 4. If you could go anywhere in the world where would it be?
- 5. Would you prefer to climb a mountain or go scuba diving?
- 6. If you won the lottery what would you do with the money?
- 7. What are you grateful for today?
- 8. If you could time travel where would you go?
- 9. Which celebrity would you like to meet?
- 10. If you were a super hero what superpower would you have?
- 11. What has been the happiest day of your life so far?
- 12. What cartoon character would you most like to be and why?
- 13. Who is your best friend and why are they your best friend?
- 14. What is your favourite movie of all time and why?
- 15. Describe your perfect day?
- 16. If you could change 1 thing in the world what would you change?
- 17. If you could go anywhere in the world where would you go?
- 18. If you could only keep 2 of your toys which ones would you choose?
- 19. What is your favourite season?
- 20.If you could be friends with a character from a book, which character would you choose and why?

An Adlerian Approach



- 21. What ice cream flavour would you invent if you could?
- 22. What is your favourite sport and why?
- 23. Who is your favourite celebrity?
- 24. Where is your most special place in the world?
- 25.If you were stuck on an island and could only have one delivery of food that would be on repeat each week what would be on the list? Only ten items allowed!
- 26.If you could open your own zoo which animals would you put in it and why? Only 7 animals allowed!
- 27. What is your favourite book and can you tell me part of the story.
- 28.If you were given a chance to design your own shoe with no price limit what special features would it have? (Start with some examples of own ideas e.g.. lights, hover, cash card slot)
- 29.If you could change how schools were run what would you change, knowing that all children still had to attend for 25 hours a week?
- 30. How do you think the country should be run and why?
- 31. If you were to win 10 million pounds but were not allowed to keep the money who would you give it to and why? (Only 8 choices of groups or people combined!)
- 32. What is the nicest thing you have ever done for someone?
- 33.What are 5 things you wish I knew about you?
- 34.Do you have a dream of being able to do something or become something? What is that dream?
- 35. What is the one thing you would like to learn how to do and why?
- 36.If you became famous, how would you use your fame to be a good role model for other kids?

An Adlerian Approach



37. If you had  $\pounds$  20 to do anything you wanted, what would you do with it?

- 38.Describe yourself in 3 words ...
- 39. If you had 3 wishes what would you wish for and why?
- 40.If you could travel backward in time one year but wouldn't be able to travel back again, would you?
- 41. What do you think bears dream about when they hibernate?
- 42.If you could take 4 things onto a desert island, what would you take, and why?
- 43. What's your first memory?
- 44. What's your favourite pizza?
- 45. What's the best thing abut the person on your right?
- 46. What's your favourite sweet or chocolate?
- 47. What's the best decision you ever made?
- 48. Where's the furthest you have travelled?
- 49. What's your favourite TV programme?
- 50. What's your favourite City?
- 51. What's your favourite song?

If you have any of your own to add we would love to hear them too!

Have fun 🙂

An Adlerian Approach