

2026

TALK-AND-
WALK-A-THON



Conversation Starters

Take Talk-And-Walk-A-Thon Home | Questions With My Family

- If you could make three family rules, what would they be?
- What are the most important things we've learnt from each other?
- What do you like best about your siblings?
- What do you think are the most important qualities of a good parent or carer?
- What is your favourite family tradition?
- What is your favourite thing about our family?
- What should we do more of as a family?
- What should we do less of as a family?
- If you could change one thing about your room, what would it be?
- What is something your parent or carer didn't have growing up that you are glad you have?
- What is something you don't need, but you're grateful you have?
- What do you think is the best part about being a parent or carer?
- If you could make a rule for a day and everyone had to follow it, what would it be?
- What do you hope never changes?
- What day do you look forward to the most each week or each year?
- Among our family, what are you most famous for?
- What's your favourite family memory?
- What's something you wish everyone knew about you?
- When you're feeling sad, what makes you feel better?
- What things are you looking forward to in the future?
- What values or beliefs are important to you?
- What have you done for someone in your family, if they need you?
- What is the most important thing in your life and why?
- Is there something you think is better about you now than a couple of years ago? How did you make it better?