

Meal Conversation Cards

From @sensoryexplorers

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Hello Explorer!

Thanks for downloading these mealtime conversation cards. A relaxing meal where the whole family comes together is a great way to support your kiddo's development.

I hope these cards sprout fun, interesting, and stress-free conversations during mealtimes.

If you think your kiddo is a picky eater or problem feeder please speak to your pediatrician or healthcare provider.

There is help and support available!

Happy Exploring,

Sarah

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Meal Conversation Cards

How to Use These Cards: Cut out each card and put them in a pile. Select one card for everyone to answer or have everyone choose a new card to answer for themselves. Then you can freestyle and talk about any and all of these open ended questions to help your family communicate in a relaxing and fun way during meal times.

What was the best part of your day?

Sometimes really simple things can be really joyful. What was your simple joy today?

The weather changes everyday. What little changes did you notice in the weather today?

People are always growing and changing. What's something you're working on to make a positive change in yourself?

Tell me about a time you felt really proud of yourself.

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

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We do so many activities everyday! What's an activity that you enjoy do the most?

Part of growing up means we start to do things we couldn't do when we were younger. What's something you couldn't do when you were little, but can do now?

Having time to play is so important! What's your favorite way to play and have fun?

What's an activity that you would like to learn or get better at?

Make your own:

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