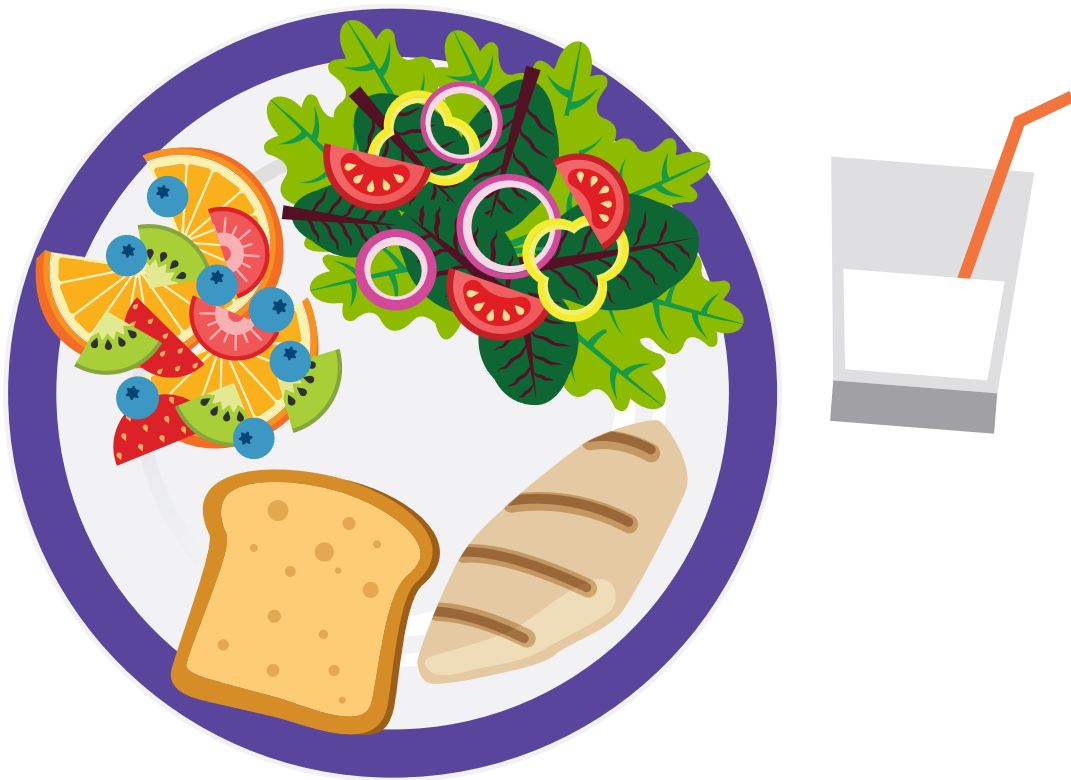


# power<sup>UP</sup>

# TABLETALK

DROP THE TECH AND PICK UP THE DECK!



Use these **Family Mealtime Conversation Starters**  
to help PowerUp your family connections!

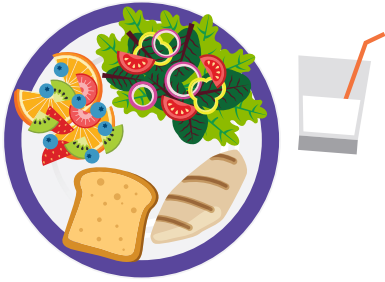


HealthPartners®

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HUDSON HOSPITAL & CLINIC  
LAKEVIEW HOSPITAL  
STILLWATER MEDICAL GROUP  
WESTFIELDS HOSPITAL & CLINIC

Print this document out  
double-sided and cut along  
dotted lines to make your  
own deck of cards!

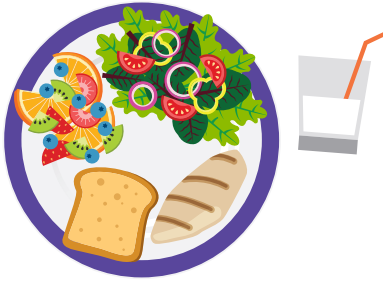
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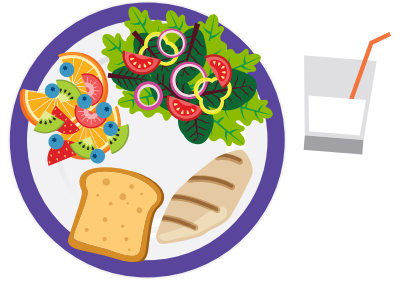
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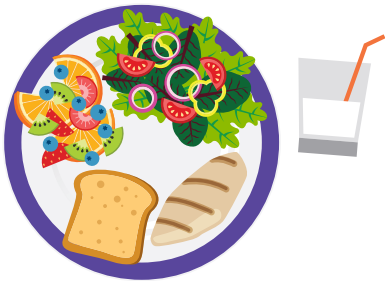
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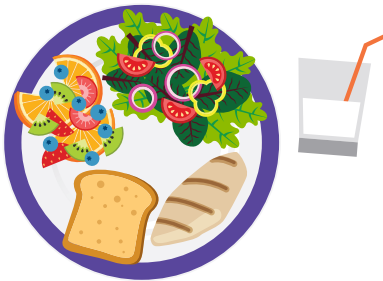
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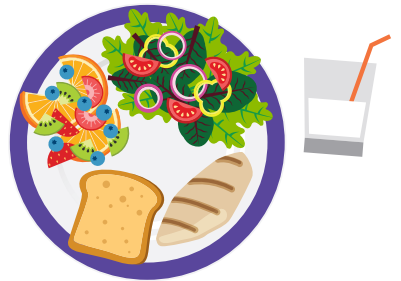
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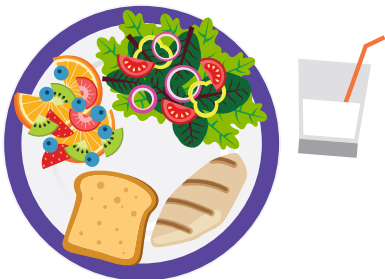
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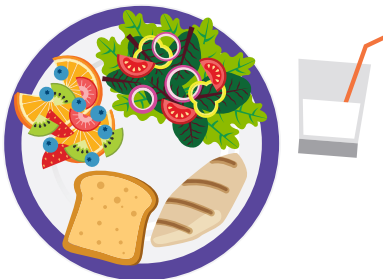
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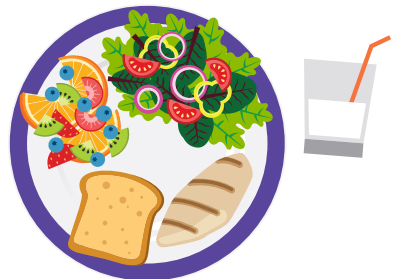
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DROP THE TECH AND PICK UP THE DECK!

[powerup4kids.org](http://powerup4kids.org)

**What's a  
good joke  
that you've  
heard  
lately?**

**What nice  
thing did  
you do for  
someone  
today?**

**If you could  
have a  
super  
power,  
what would  
it be?**

**If you  
could go  
anywhere,  
where  
would it  
be?**

**If you could  
only keep  
two of your  
favorite  
toys, which  
would you  
choose?**

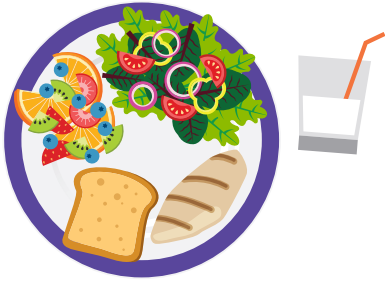
**What book  
character  
would you  
most like  
to meet  
and why?**

**If you  
wrote a  
book,  
what  
would it  
be about?**

**What three  
things  
would you  
take from  
your house  
in an  
emergency?**

**If you won  
\$100  
dollars  
today, how  
would you  
use it?**

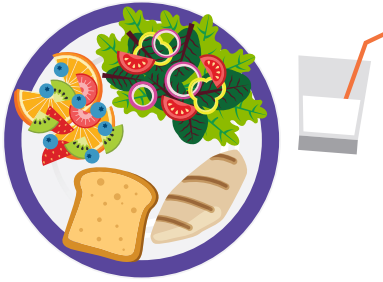
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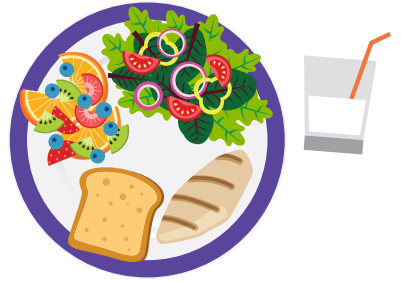
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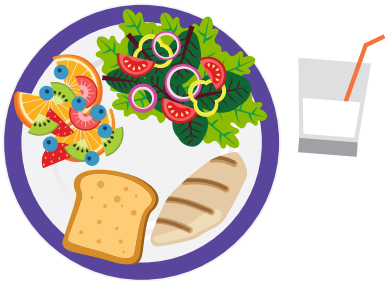
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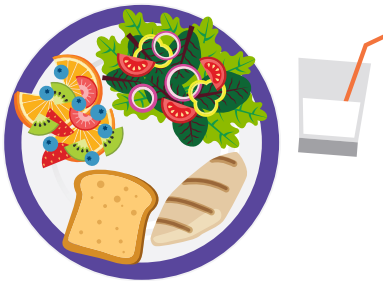
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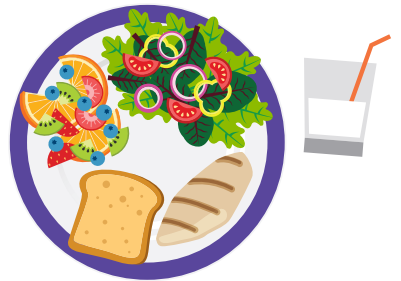
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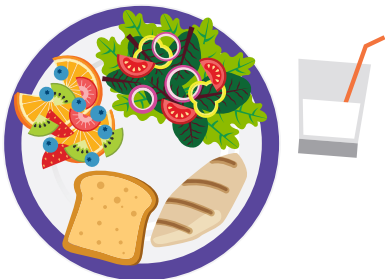
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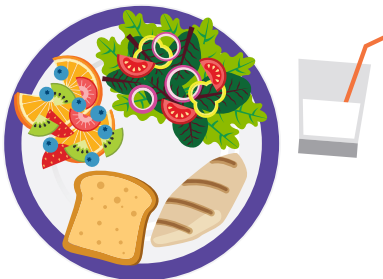
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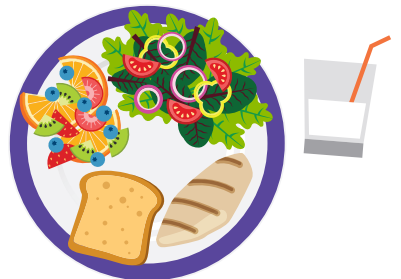
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**What is  
your  
favorite  
vegetable  
and why?**

**What is  
your  
favorite  
fruit and  
why?**

**What was  
your  
favorite  
part of  
today?**

**Who  
is/was  
your  
favorite  
teacher?  
Why?**

**If you could  
eat one  
food for the  
rest of your  
life, what  
would it be?**

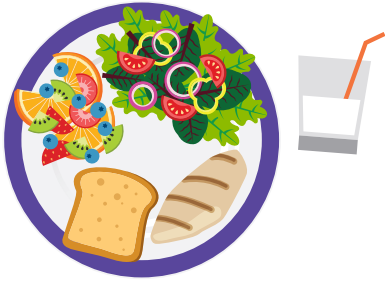
**If you couldn't  
watch TV, use  
your phone, or  
go online for  
a week, how  
would you  
spend your  
time?**

**What is  
your  
favorite  
way to be  
active?**

**What is  
your  
favorite  
holiday or  
tradition  
and why?**

**What do  
you want  
to be when  
you grow  
up?**

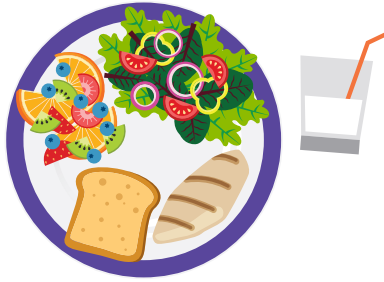
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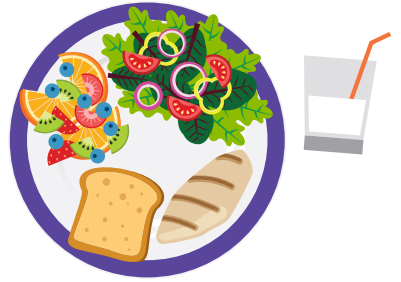
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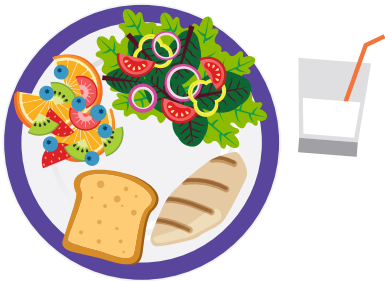
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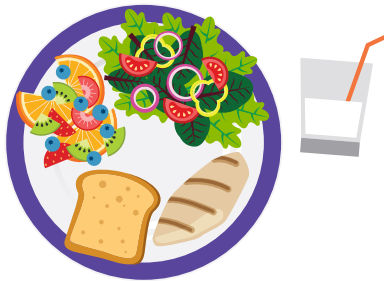
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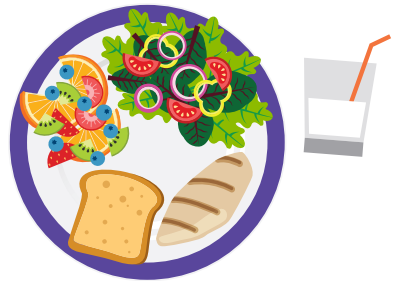
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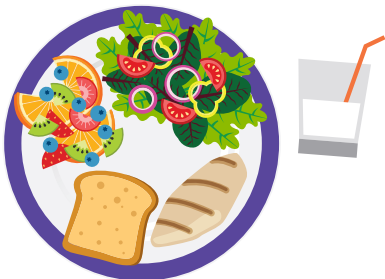
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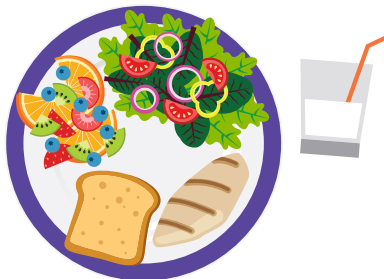
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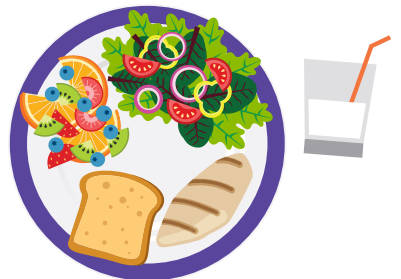
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DROP THE TECH AND PICK UP THE DECK!

[powerup4kids.org](http://powerup4kids.org)

**If you  
could have  
any talent,  
what  
would it  
be?**

**If you could  
be the  
principal of  
your school  
for a week,  
what would  
you do?**

**If you were  
stranded on  
an island,  
what three  
things,  
would you  
bring?**

**What's  
your  
favorite  
book?**

**If you had  
one wish,  
what  
would it  
be?**

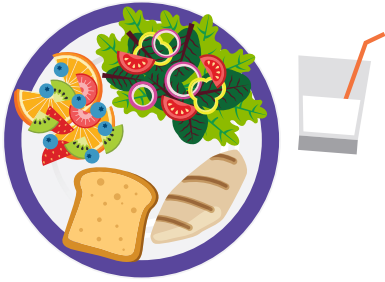
**If you could  
be an  
animal,  
what would  
you be and  
why?**

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

**What's the  
best thing  
about  
being your  
age?**

**What's the  
worst  
thing  
about  
being your  
age?**

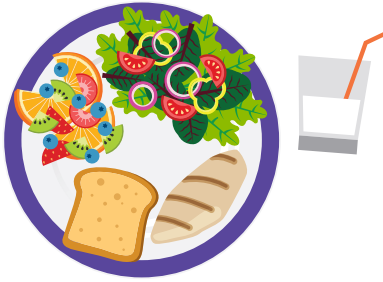
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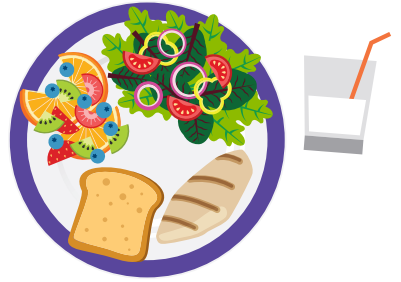
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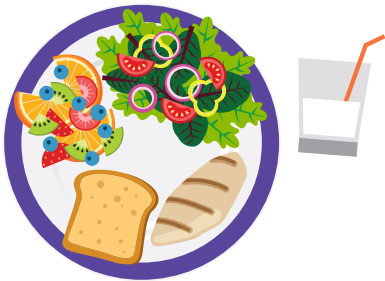
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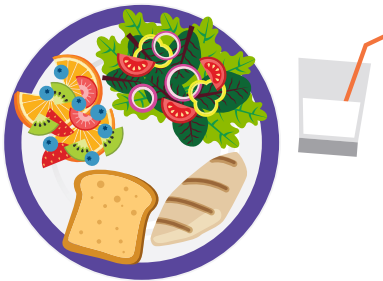
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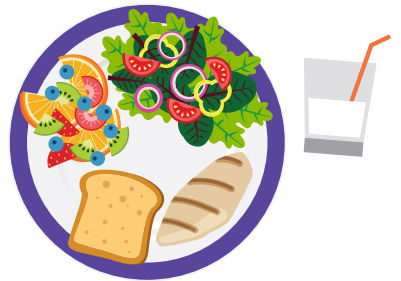
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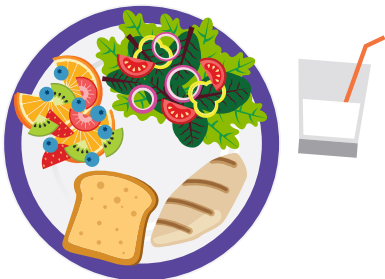
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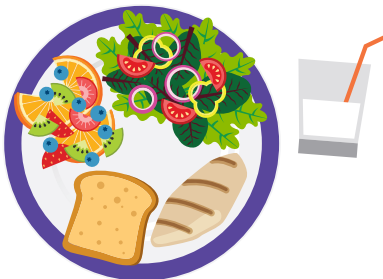
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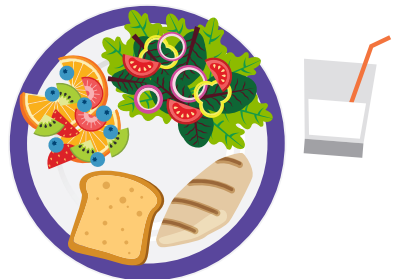
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**What are  
three  
words to  
describe  
you?**

**What are  
three words  
to describe  
the person  
to your  
left?**

**What is  
your  
favorite  
season and  
why?**

**What is  
something  
you want  
to learn to  
do?**

**If you could  
travel in  
time, where  
and when  
would you  
go?**

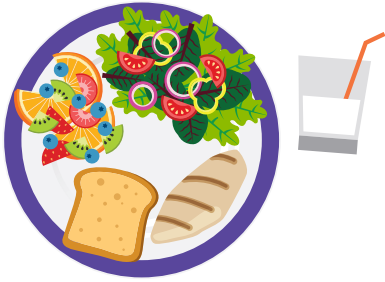
**What is  
your  
favorite  
word to  
say?**

**Would  
you  
rather be  
cold or  
hot?**

**What was  
your  
favorite  
birthday?**

**Would you  
rather  
have a pet  
dinosaur  
or dragon?**

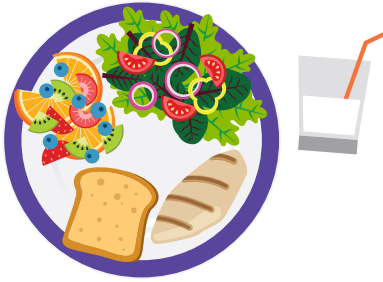
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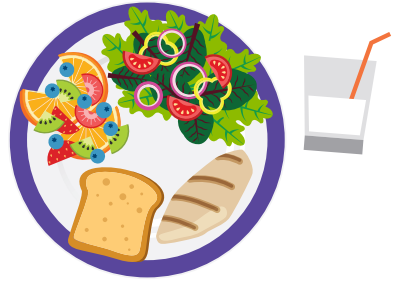
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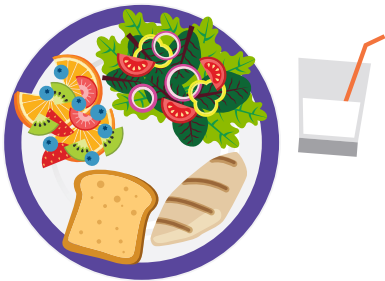
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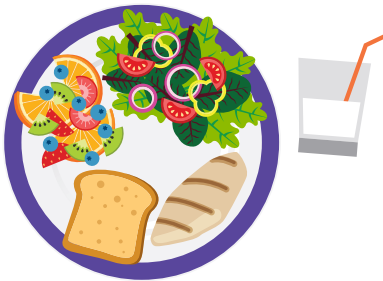
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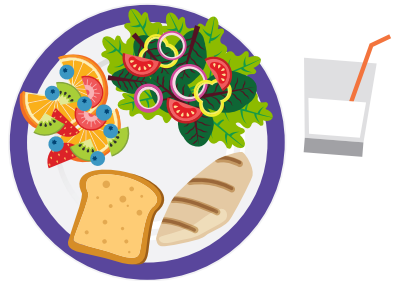
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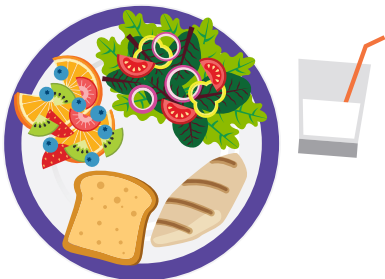
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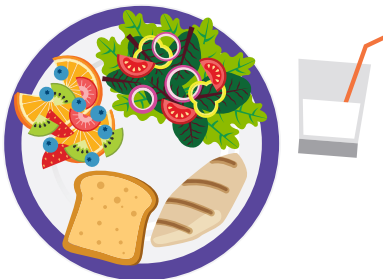
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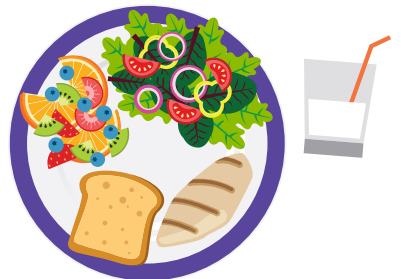
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**Would you  
rather  
have  
wings or  
gills?**

**What is  
your  
favorite  
color?**

**What are  
some ways  
you have  
helped a  
teacher or  
classmate?**

**What is  
your  
favorite  
part of the  
school  
day?**

**What is  
one thing  
you can't  
live  
without?**

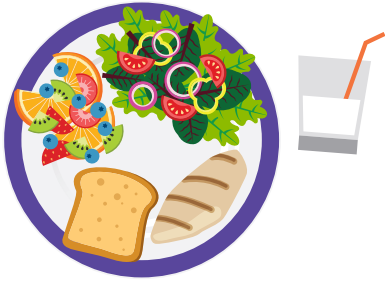
**If you could  
become  
invisible,  
what would  
you do?**

**Combine  
two animals  
that make  
sounds.  
What would  
it sound  
like?**

**What  
name  
would you  
pick for a  
new pet  
dog?**

**What is  
your  
favorite  
insect?**

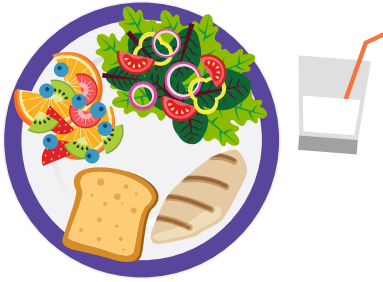
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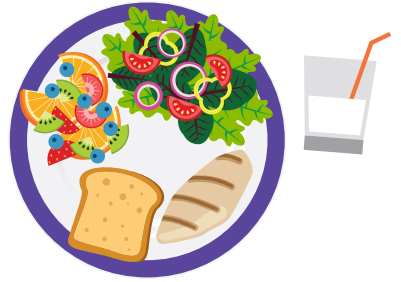
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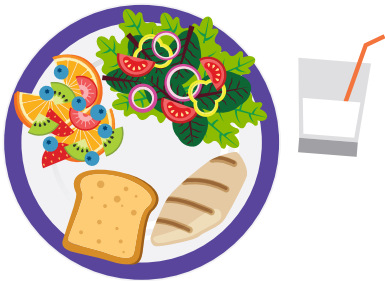
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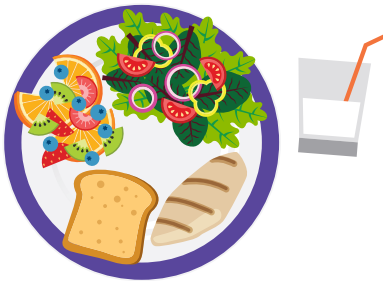
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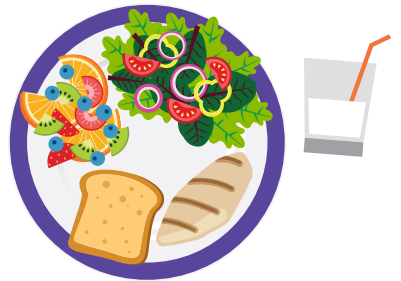
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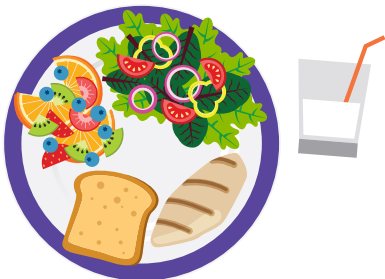
# power<sup>UP</sup> TABLETALK



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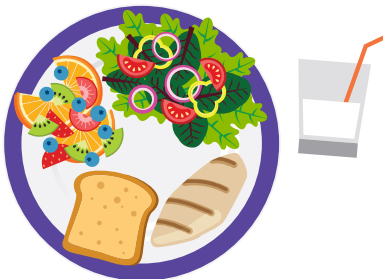
# power<sup>UP</sup> TABLETALK



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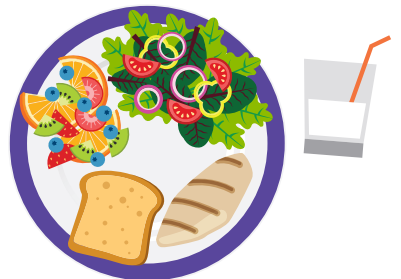
# power<sup>UP</sup> TABLETALK



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# power<sup>UP</sup> TABLETALK



DROP THE TECH AND PICK UP THE DECK!

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**What is  
your  
favorite  
day of the  
week?**

**Would you  
rather live  
in a  
submarine  
or a  
spaceship?**

**Would you  
rather wear  
your shirt  
or your  
pants on  
backward?**

**Would you  
rather  
take a  
long walk  
or long  
bike ride?**

**Name as  
many  
things as  
you can  
that can  
be read.**

**If you could  
trade places  
with anyone  
for a day,  
who would  
it be and  
why?**

**What is  
the best  
meal you  
have ever  
eaten?**

**If you could  
go  
anywhere in  
the world,  
where  
would you  
go?**

**Who is  
your  
hero, and  
why?**