

TABLETALK **Fall Edition**



Use these family mealtime conversation starters to help PowerUp your family connections!

- 1 What is your favorite fall holiday and what do you like about it?
- 2 Say 5 words that remind you of fall.
- 3 How much do you like fall compared to other seasons?
- 4 What is your favorite fall food or drink and why?
- 5 Do you like seeing and experiencing the seasons changing during the year? Why or why not?
- 6 In the fall, there are fewer hours of daylight. How does that make you feel?
- 7 What smell(s) make you think of fall? How does that smell make you feel?
- 8 What is a favorite fall memory?
- 9 What else is changing outside during the fall besides the color of leaves?
- 10 What are you thankful for this fall?
- 11 What is your favorite way to move your body in the fall?
- 12 What are the parts of fall you wish could be around all year and why?
- 13 Complete this sentence: If I were a leaf, I would like to fall on _____ because _____.
- 14 When do you think it officially starts to feel like fall? How do you feel when that happens?
- 15 What is your favorite way to bundle up and stay warm on a cool fall day?
- 16 What fall tradition would you like to start doing each year and why?
- 17 If leaves could be other colors or patterns than what they normally are, what would you have them look like?