

26 Family Meeting Topics

Discussion Starters for Parents and Kids

A – Appreciation

- What is something you appreciate about each family member?
- How can we show appreciation more often?
- What small acts make you feel valued?
- How can we remember to say “thank you” daily?

B – Balance

- How do we balance school, work, chores, and fun?
- What feels “too heavy” on your schedule?
- How can we make sure everyone gets rest?
- What can we do to create more family playtime?

C – Communication

- What helps you feel heard in our family?
- How do we show respect when we disagree?
- What words or tone hurt more than we realize?
- How can we be better listeners?

D – Decision-Making

- How do we decide things fairly as a family?
- Should everyone have a say, no matter their age?
- What’s an example of a good decision we’ve made together?
- How can we practice making wise choices?

E – Empathy

- What does it mean to “walk in someone else’s shoes”?
- Can you share a time you felt misunderstood?
- How can we comfort each other when upset?
- Why is kindness more powerful than judgment?

F – Forgiveness

- Why is it hard to forgive sometimes?
- Can you share a time someone forgave you?
- How does forgiveness heal relationships?

- What are steps to making a real apology?

G – Gratitude

- What are three things you're thankful for today?
- How can gratitude change our attitude?
- How can we show gratitude outside our family?
- What is something small we often overlook but should be grateful for?

H – Helping at Home

- How do chores teach responsibility?
- Are chores divided fairly in our family?
- What's one new way we can help each other?
- How does teamwork make jobs easier?

I – Integrity

- What does "doing the right thing" look like when no one is watching?
- Why is honesty sometimes hard?
- How does lying or hiding the truth affect trust?
- Can you share a story of someone who showed integrity?

J – Joy

- What brings you joy at home?
- How can we create more fun traditions?
- How do we bring joy to others?
- Can laughter help solve problems?

K – Kindness

- What's the difference between being "nice" and being "kind"?
- What's one kind act we can each do this week?
- How does kindness change friendships?
- How can we be kind to ourselves?

L – Listening

- Why is listening just as important as speaking?
- How can we tell if someone is really listening?
- How can we avoid interrupting each other?
- What helps you feel listened to?

M – Mistakes

- Why are mistakes important for learning?
- How do we react when someone makes a mistake?

- Can you share a mistake you grew from?
- How can we make home a safe place to fail?

N – Needs vs. Wants

- What's the difference between needs and wants?
- How do we decide what's important to spend money on?
- What is one "want" you're willing to wait for?
- How can gratitude help with contentment?

O – Optimism

- What does it mean to "see the glass half full"?
- How do positive attitudes affect our home?
- Can you share a time when being hopeful helped?
- How can we encourage each other when things are tough?

P – Patience

- What makes it hard to be patient?
- Can you share a time patience paid off?
- How can we practice patience with each other?
- What happens when we rush instead of waiting?

Q – Quality Time

- What family activities make you feel closest?
- How can we protect time for each other?
- Do we eat enough meals together?
- What's one simple activity we can do weekly?

R – Respect

- What does respect look like in words and actions?
- How can we show respect for our home?
- How do we respect differences in opinions?
- What is one way we can be more respectful this week?

S – Sharing

- Why is it hard to share sometimes?
- How does sharing build trust?
- What's one thing you could share more often?
- How do we share not just things, but time and attention?

T – Teamwork

- What makes a good team?

- How does each person in our family contribute?
- Can you share a time we worked well as a team?
- What happens if one person doesn't do their part?

U – Understanding

- What helps you feel understood?
- How can we ask better questions to understand each other?
- Why is it important to understand before judging?
- Can you share a time you misunderstood someone?

V – Values

- What are the most important values in our family?
- How do our values guide daily choices?
- Which value is hardest to live out?
- What value do you admire in another family?

W – Work Ethic

- Why is hard work important?
- How do we balance working hard with resting well?
- What is one thing you've worked hard at recently?
- How can we encourage each other to finish what we start?

X – eXamples (Being Role Models)

- How do our actions set an example for others?
- Who in your life is a good role model?
- How can we be role models for younger kids or friends?
- What's one behavior you'd like to model more often?

Y – You Matter

- What makes each person in this family special?
- How do we show each other that we matter?
- Why is it important to use encouraging words?
- How can we remind each other of our worth daily?

Z – Zest for Life

- What makes life exciting for you?
- How can we bring more energy into our family time?
- What hobbies or passions do you want to explore?
- How do enthusiasm and energy inspire others?