

# Conversation Starters

30 Questions to Deepen Connection with Your Daughter

## How to Use These Cards:

1. Print this PDF and cut along the dotted lines to create individual cards.
2. Keep them in a jar, bowl, or envelope somewhere visible.
3. Pull one card during dinner, car rides, or bedtime.
4. No pressure—if she doesn't want to answer, that's okay. Try again tomorrow.
5. Share YOUR answer too. Connection is a two-way street.

Card 1

**If you could have any superpower for one day, what would it be and why?**

Card 2

**What's something that made you laugh today?**

Card 3

**Who did you sit with at lunch? What did you talk about?**

Card 4

**If you could change one rule at school, what would it be?**

Card 5

**What's something you're proud of this week?**

Card 6

**What's the hardest part of being your age right now?**

Card 7

**If you could learn any skill instantly, what would you choose?**

Card 8

**What's something you wish I understood better about you?**

Card 9

**Who's someone you admire? What do you admire about them?**

Card 10

**What's a mistake you made recently? What did you learn from it?**

Card 11

**If you could have dinner with anyone (alive or dead), who would it be?**

Card 12

**What's something that scared you this week?**

Card 13

**What's your favorite way to spend time with me?**

Card 14

**If you could design your perfect day, what would it look like?**

Card 15

**What's something you're worried about?**

Card 16

**What's a question you've been afraid to ask me?**

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Card 17

**What's something you want to get better at?**

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Card 18

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

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Card 19

**What's the best compliment someone gave you recently?**

Card 20

**What's something you wish you could tell your future self?**

Card 21

**What's a memory of us that makes you happy?**

Card 22

**What's something you wish we did more often together?**

Card 23

**If you could change one thing about our family, what would it be?**

Card 24

**What's something you're curious about right now?**

Card 25

**What's the kindest thing someone did for you this week?**

Card 26

**What's something you're looking forward to?**

Card 27

**If you could have any pet (real or imaginary), what would it be?**

Card 28

**What's something you want me to know about you that I might not realize?**

Card 29

**What's your favorite thing about yourself?**

Card 30

**If you could give advice to other kids your age, what would you say?**