



Thanksgiving Conversation Starters

Use these questions to encourage reflection, a sharing of personal stories, and to foster gratitude. We hope that these questions help you create a warm and connected atmosphere during the Thanksgiving holiday.

What's a challenge you faced this year that you're now grateful for?



If there was a cause or a movement that you could get involved in, what would it be? In other words, in what way would you like to help if you had the time and/or resources?



Has there been a moment this year when someone's kindness really made an impact on you?



What's the most valuable lesson you've learned this year?



What family recipe or dish do you look forward to the most on Thanksgiving, and why?



What's one thing you'd like to thank someone here for? Maybe for something you've learned from someone at this table or something they did for you that you didn't expect?





If you had to describe this year in one word, what would it be and why?



What's a simple pleasure or small thing in your daily life that you're thankful for?



What's a piece of advice you've received that has stayed with you this year?



What's your favorite way to express gratitude to others, and how do you feel when someone shows you appreciation?

