



SEAHAWKS ACTIVITY SHEETS

#WeGotThisSeattle

Family Table Talk Challenge

The Family Table Talk Challenge is designed to help families have a fun unique conversation together each night as they bond and learn more about each other.

INSTRUCTIONS:

1. Each day of the week one member of your family will select one question from the list below.
2. As a family each night before/during/after dinner you will go around the table as everyone will answer the selected question.
3. At the end of week, you will all have learned something new about each other.
4. Post a photo or video of your family on social media using #WeGotThisSeattle and tag @Seahawks to share what you learned after completing the challenge.

FAMILY TABLE TALK CHALLENGE QUESTIONS:

- What is your favorite movie or show and why?
- Name a person you are grateful for today and explain why you appreciate them.
- If you had to eat one meal for the rest of your life what would it be? (Include what you would have to drink and your dessert.)
- What is your favorite season of the year and why? (Winter, Summer, Autumn, Spring)
- If you had one day to spend a million dollars what would you buy and why?
- What is your favorite thing about the person sitting to your right?
- If your family had a theme song what would it be?
- What is something you learned during this week?
- If a genie gave you three wishes today what would you wish for?
- If you could have one superpower what would it be and why?
- If you could be an animal what would you be and why?
- If you could pick your name what would you choose?
- What is your favorite holiday and why?
- If you could be any cartoon character who would you be and why?
- What is your favorite thing to do as a family and why?
- Would you rather go a month without using the internet or walk backward for 3 weeks?
- Would you rather swim like a mermaid or fly like a bird and why?
- Would you rather have your teeth in the back of your head or your eyes on your feet?
- Would you rather be on summer break for 6 months or have an amusement park during recess for a month?
- Would you rather be as small as an ant or as big as an elephant?
- Would you rather ride a dinosaur with no hands or an alligator with no shoes?
- Would you rather be a famous singer, a famous actor, or professional athlete?
- Name one person you wish you could switch places with and explain why you would want to be in their shoes.
- If you could have dinner with 3 famous people dead or alive who would you pick and why?