Many people share that they wished they had better communication with their family or friends. Do you? Here's a fun way to get the conversations started!

**MEALTIME CONVERSATION STARTER**

Take turns asking a question as you sit down for mealtime. The next thing you know, your family is coming together over something as satisfying as the food itself: good conversation.

**HOW TO START?**

Once you’ve folded this origami conversation starter:

1. Ask the first question: "How many people do you live with?" Open and close the conversation starter that amount of times.
2. Pick your next number! Open and close the conversation starter that amount of times.
3. Pick your final number. Open flap of the selected number and ask the question inside to start some great conversation!

For more question ideas visit: www.healthcorps.org