



## ACTIVITY

# Start With Hello Lunch Talk

### Classroom Objective:

Students will practice initiating and sustaining conversations by *Start With Hello* Lunch Talk Cards

### Activity Instructions:

*Start With Hello* Lunch Talk is a simple activity designed to help students create positive conversations. For this activity, there are 27 *Start With Hello* Lunch Talk cards in the back of this guide that educators can print and cut out. It may be useful to print on card stock to ensure cards can be used multiple times.

Once educators have the cards cut out, you can place the cards on lunch tables during lunch times and encourage students to start off conversations by answering the question on the card. Educators can switch the cards between tables every day for a week to help students create a habit of positivity conversation!

**Trusted Adult Tip:** Build rapport with students by joining into the fun! Choose a different table every day to answer the Start With Hello Lunch Talk question, and listen to the student's answers!

**Virtual Option:** Screenshot one card a day and use it as an icebreaker in your virtual classroom.

**Screenshot Instructions:** For Windows- Capture your entire screen and automatically save the screenshot, tap the Windows key + Print Screen key. For Mac- To take a screenshot, press and hold these three keys together: Shift, Command, and 3.

### Grades:

K-12

### Time:

5-10 Minutes

### SEL Goals



Engage



Grow

START with

If you could hangout with any fictitious character, who would it be and why?

Hello

START with

If you were invisible for a day, what would you do?

Hello

START with

If you could turn back time, what is something you would change?

Hello

START with

If you could star in any movie, what movie would it be?

Hello

START with

What makes someone a good friend?

Hello

START with

What is one thing that made you feel thankful recently?

Hello

START with

What is one thing that can always make you smile?

Hello

START with

What is something you really like about the person sitting closest to you right now?

Hello

START with

What helps you feel better when you're upset or stressed out?

Hello

START with

If you had to change your name, what would your new name be?

Hello

START with

If you could have a superpower, which one would you choose and why?

Hello

START with

Tell about something that made you laugh recently.

Hello

START with

Who is the funniest person you've met?

Hello

START with

If you had a theme song, what would it be? Why?

Hello

START with

What's the best thing about today, so far?

Hello

START with

What one possession do you cherish the most? Why?

Hello

START with

What is the best thing that ever happened to you?

Hello

START with

What would a perfect day for you be like?

Hello

START with

What's the best compliment you've ever gotten?

Hello

START with

Do you think it's ever okay to lie? What kinds of situations?

Hello

START with

What are you going to do this weekend?

Hello

START with

If you had \$100 (or \$1000, etc) to spend, how would you spend it?

Hello

START with

How would you change the world if you could?

Hello

START with

What's your favorite way to use free time?

Hello

START with

How do people earn respect?

Hello

START with

What was the last funny video or meme you saw?

Hello

START with

If you could have any animal as a pet, what animal would you choose?

Hello