

The Stoic Dinner Table

30 Questions That Actually Create Connection (by Age Group)

The Stoic Dinner Table isn't about the questions – it's about the attention. 30 questions that actually create connection, sorted by age group.

Ages 4–7 · Simple, imaginative

- › If you could have any superpower for one day, what would you choose?
- › What made you laugh today?
- › If our house was a spaceship, where would we go first?
- › What's something you wish you could teach me?
- › If you could be any animal for a week, which one and why?
- › What was the hardest part of today?
- › If you had \$10 and could only use it on someone else, what would you do?
- › What's something that surprised you today?
- › If you could add one rule to our family, what would it be?
- › What's one thing you want to do before you go to sleep tonight?

Ages 8–12 · Reflective, values-based

- › What's something you changed your mind about recently?
- › Who was kind to someone today? What did you notice?
- › What's something you found hard that you're proud you tried?
- › If you could fix one thing about school, what would it be?
- › What's something you know how to do that most people your age don't?
- › What's something that felt unfair this week?
- › What would you do if a friend asked you to do something you knew was wrong?
- › What's a mistake you learned something useful from?
- › What's one thing you appreciate about someone at this table?
- › What's something you're still figuring out?

Teens · Open-ended, non-judgmental

- › What's something people your age think is important that you're not sure about?
- › What's a belief you hold that you rarely say out loud?
- › What's the difference between being confident and being arrogant?
- › When do you feel most like yourself?
- › What's something an adult told you that turned out to be true – later?
- › If you could change one thing about the way you were raised, what would it be?
- › What do you think real friendship requires?
- › What's the hardest thing about being your age right now?
- › What's something you respect about someone you disagree with?
- › What do you want your life to stand for?

The 3 rules of the Stoic Dinner Table: (1) No phones on the table – including yours. (2) No question has a wrong answer. (3) You can pass – but you have to say why.

How to introduce it the first night: Don't announce it as a ritual. Just ask one question. If someone answers, go from there. If not, wait until tomorrow.



¿QUIERES PROFUNDIZAR?

Este recurso es solo una muestra de las herramientas del libro *El Pequeño Estoico*. Cuentos y actividades que enseñan a los niños a ser fuertes, tranquilos y sabios. Filosofía estoica, inteligencia emocional y crianza consciente para niños de 5 a 12 años – todo en historias bellamente ilustradas.

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