

50 Conversation Starters for a Summer with Teens

Summer & Fun

1. What's something you're hoping to do this summer that you didn't get to do last year?
2. Beach day, lake day, or chill inside with A/C—what's your vibe?
3. What would your dream summer vacation look like?
4. What song feels like "summer" to you right now?
5. What's your go-to summer snack or drink?
6. If you could only do one summer activity every day for a week, what would it be?
7. What's your favorite memory from a past summer?
8. What would you put on your summer bucket list this year?
9. Ice cream or snow cone? (Follow-up: What flavor?)
10. What movie or TV show screams "summer" to you?

Growth & Identity

1. What's something you want to get better at this summer?
2. What's a risk you want to take (big or small)?
3. How do you want to feel by the end of summer?
4. What's something you've learned about yourself this year?
5. What's a part of your personality you're proud of?
6. If you could spend the summer with any mentor (alive or not), who would it be and why?
7. What's something you used to believe about yourself that isn't true anymore?
8. What's a new hobby or skill you'd like to try just for fun?
9. What would a "brave summer" look like for you?
10. How do you hope to grow spiritually, emotionally, or mentally this summer?

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Friendship & Relationships

1. What's one way you want to be a better friend this summer?
2. Who do you wish you could hang out with more this summer?
3. What makes you feel known or valued in a friendship?
4. What kind of people do you want to spend more time with?
5. What's something you've learned about relationships this year—good or bad?
6. What's your favorite summer memory involving a friend?
7. How do you handle it when summer plans fall through?
8. What's one boundary you want to practice in your relationships this summer?
9. How do you stay connected to people when you don't see them as much?
10. What's something kind you want to do for someone this summer?

Mental Health & Well-Being

1. How do you usually feel during summer break—excited, anxious, bored, something else?
2. What helps you relax when you're feeling overwhelmed?
3. What's a self-care habit you want to start or keep this summer?
4. Who do you feel safe opening up to when you're struggling?
5. What's your relationship like with social media in the summer?
6. When you have a bad day, what usually helps you bounce back?
7. What makes you feel most like yourself?
8. What's something you need more of this summer—sleep, fun, quiet, support?
9. If your summer had a mental health theme, what would it be?
10. How can the people around you support you better this season?

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Purpose, Dreams & Reflection

1. What's something you feel passionate about right now?
2. What's one thing you hope to look back on and say, "I'm glad I did that"?
3. What does "a meaningful summer" mean to you?
4. What kind of legacy do you want to leave—even just among your friends?
5. What's something you've been avoiding that you're ready to face?
6. If your summer were a movie, what would the title be?
7. What's something that's been on your heart or mind lately?
8. How can you be a positive influence on others this summer?
9. Who inspires you to grow or dream bigger?
10. What do you hope God (or life) teaches you this summer?

Questions, Thoughts & Notes