

ALL



PRO



DAD

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About

Founded by Mark Merrill and Pro Football Hall of Fame Coach, Tony Dungy, All Pro Dad has served families and fathers since 1997. All Pro Dad provides resources, training, and events to help fathers as they raise their children for a healthy and hopeful future.

We equip men in four ways:

- One minute a day — [Play of the Day email](#)
- One hour a week — [All Pro Dad podcast](#)
- One hour a month — [All Pro Dad chapter meeting](#)
- One day a year — [All Pro Dad Experience](#)

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ALL PRO DAD

PLAY OF THE DAY



25 Fun Would-You-Rather Questions to Ask Your Kids

I worked in youth ministry for over 10 years. While working with teenagers comes with very few certainties, I know for certain that [asking questions is good for connection](#). This has not only been the case for me as a youth worker but even more so as a dad.

Recently, at dinner on a family vacation, everyone was tired, and the conversation had grown cold. I busted out a few would-you-rather questions that were initially met with looks that said, "Oh no, he's trying to be all All-Pro Dadish," but soon resulted in [laughter and actually learning things](#) about each other. Here are 25 fun would-you-rather questions to ask your kids.

1. Would you rather live on the lake or the beach?
2. Would you rather have to eat 300 donuts or one plate of your least favorite food?
3. Would you rather live with one human-size puppy or one mouse-size gorilla?
4. Would you rather hang out with two friends with nothing to do or go to a party of strangers doing all your favorite things?
5. Would you rather dance like me or like a toddler?
6. Would you rather be able to talk to animals or read minds?
7. Would you rather be super strong or super fast?

Play of the Day Email

Trusted by over 250,000 dads nationwide!

The Play of the Day is a quick, powerful fatherhood email delivered five days a week. Subscribe at AllProDad.com.

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Podcast

Listen

The All Pro Dad podcast helps men navigate their toughest parenting problems. Experienced dads tackle tough topics, share what's worked for them, and discuss how to love your kids well. We do it all with a combination of humor and humility. If you have more questions than answers, this is the place to be.



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Chapter Program

All Pro Dad Chapters provide an opportunity for dads to spend quality time with their children before school. One day a month, dads and their kids meet together and walk through different topics that invoke meaningful conversations.



[Find a Chapter](#)

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Experiences

Since 2004, the All Pro Dad Experience has been held over 140 times in more than 30 different NFL, MLB, and NCAA markets. During this three-hour event, dads and kids rotate through stations and participate in interactive games designed to strengthen their relationship.

ALL PRO DAD
EXPERIENCE

Website

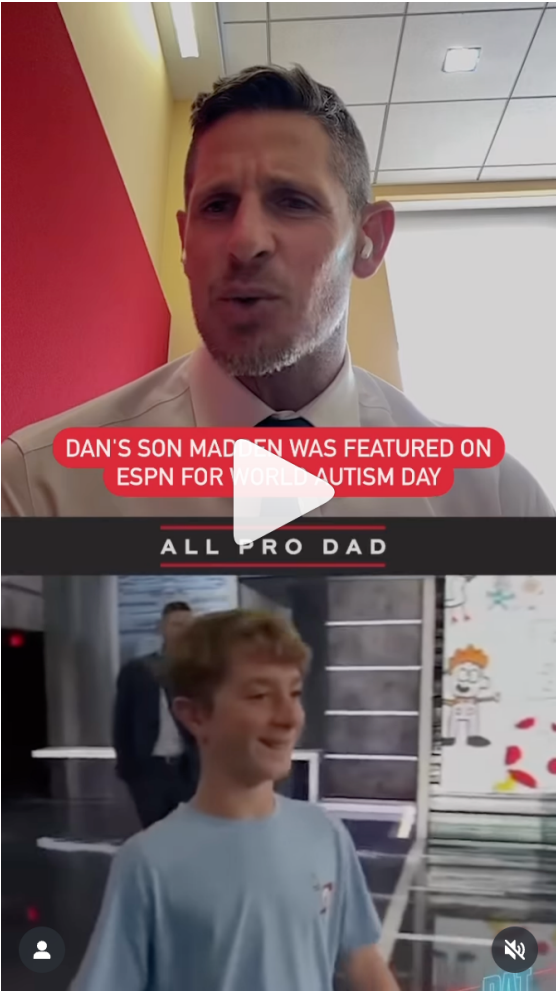
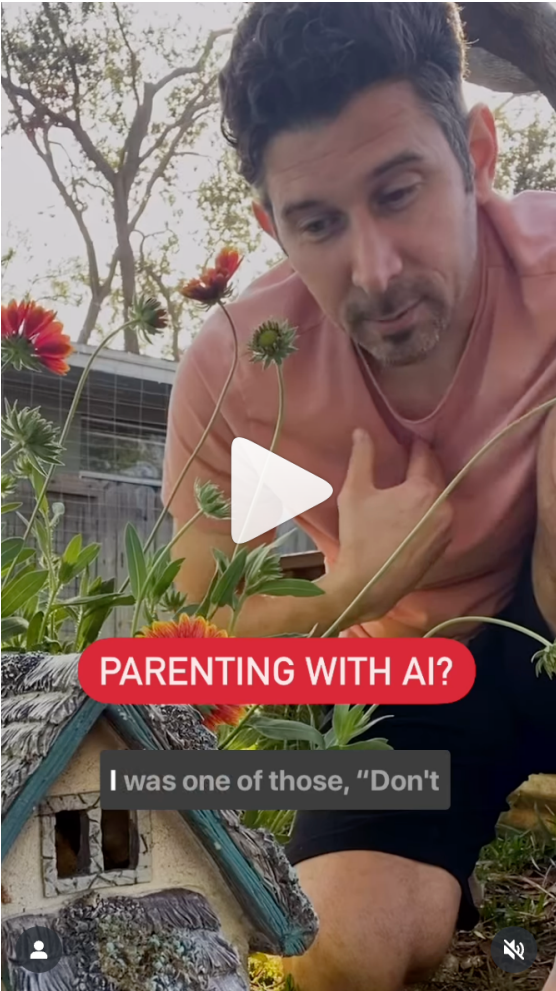
AllProDadExperience.com

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Social Media

All Pro Dad advice at the touch of your fingers through our Instagram, Facebook, TikTok and YouTube channels.



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About **Mark Merrill**

Mark Merrill is the founder and president of Family First, Inc., a national non-profit organization that provides programs and online resources dedicated to helping people love their families well. He is host of the [Family Minute with Mark Merrill](#), a nationally syndicated radio program reaching over 5 million listeners daily and has appeared on numerous major broadcasting network shows and affiliates, including FOX and Friends and the TODAY Show. Mark has been featured in publications including USA Today, the Washington Times, and Sports Illustrated, and is the author of “All Pro Dad – Seven Essentials to Be a Hero to Your Kids,” as well as several marriage and parenting books and articles. As an advocate for the family, Mark has spoken at conferences and events hosted by major companies, NFL teams, organizations, and government bodies. Before founding Family First in 1991, Mark practiced law in Florida for seven years. He and his wife, Susan, live in Tampa, Florida and have five children.

Website

MarkMerrill.com

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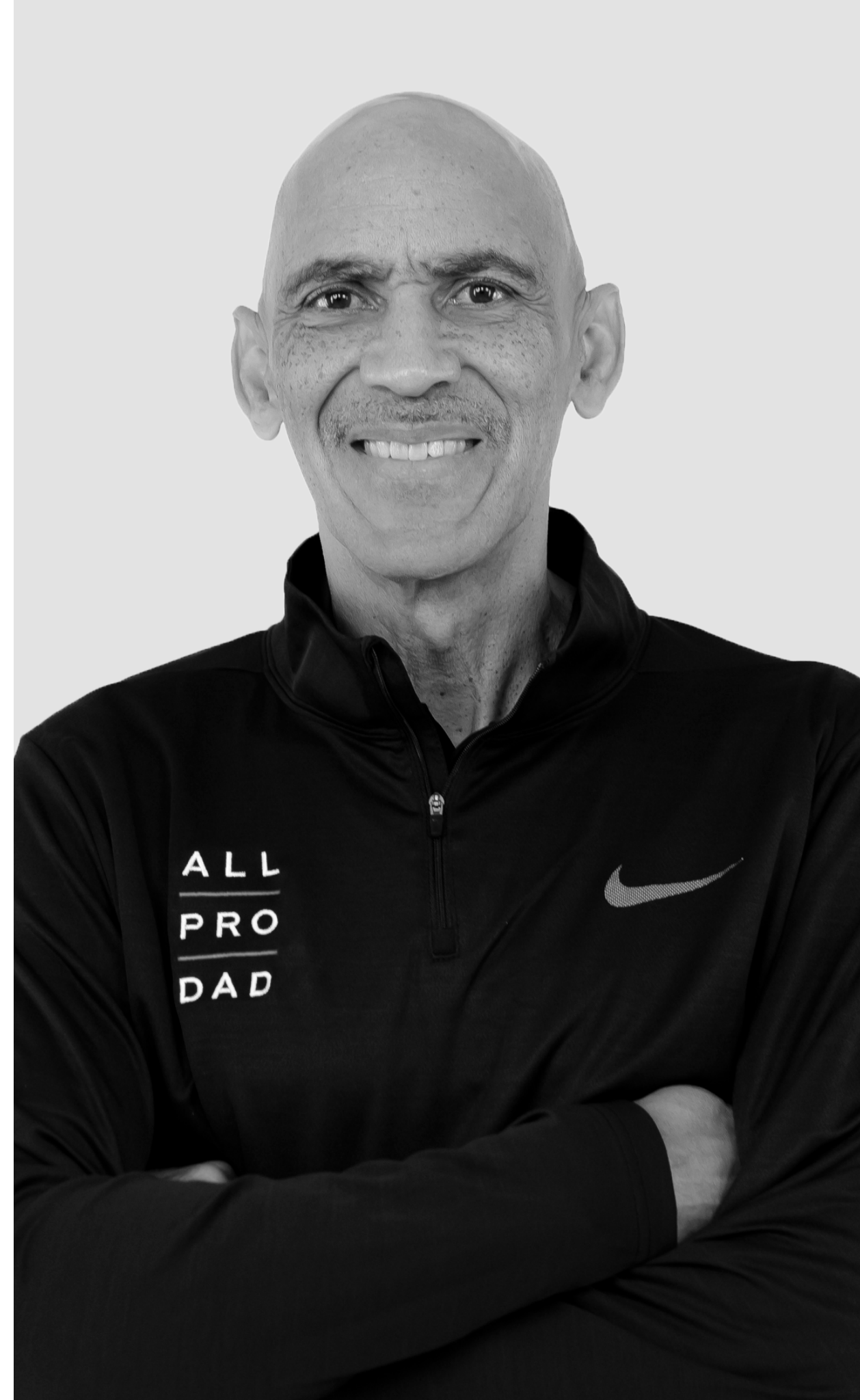
About **Tony Dungy**

Tony Dungy is the No. 1 New York Times bestselling author of “Quiet Strength,” “Uncommon,” and “The Mentor Leader.” He led the Indianapolis Colts to a Super Bowl victory on February 4, 2007, the first such win for an African American head coach. Dungy also made NFL history by becoming the first head coach to lead his teams to the playoffs in 10 consecutive years. Dungy joined the Colts in 2002 after serving as the most successful head coach in Tampa Bay Buccaneers’ history. He has also held multiple assistant coaching positions. Dungy has been involved in a wide variety of charitable organizations, including All Pro Dad. He retired from coaching in 2009 and now serves as a studio analyst for NBC’s Football Night in America. He and his wife, Lauren, married in 1982 and are the parents of 11 children.

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Additional Information

Website

AllProDad.com

Podcast



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Photos, Videos, and Logos

Available upon request

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