

# The Dinner Table Project

A program to encourage families to eat together, have fun and grow closer through conversation.

## Conversation Starters

Time freezes for everyone for a day but you. What do you do?

What is the most refreshing thing on a hot summer day?

When was the last time you worked really hard on something?

## Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

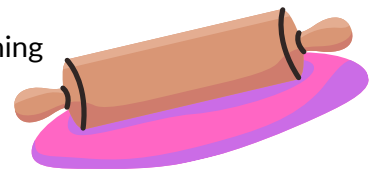
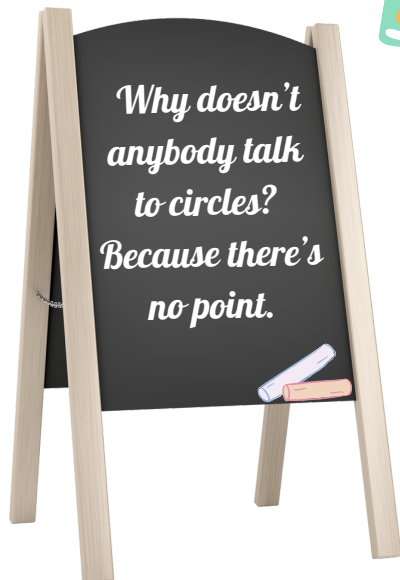
How did you make someone smile today?



## Edible Playdough

- 12 large marshmallows (about 2 cups)
- 2 teaspoons coconut oil or vegetable shortening
- 8 to 10 tablespoons cornstarch
- Food coloring (optional)

Place 12 large marshmallows and 2 teaspoons of coconut oil in a large microwave-safe bowl. Microwave on high until the marshmallows puff up slightly, about 30 seconds. Add a few drops of food coloring if desired and mix well to combine. Add 8 tablespoons of cornstarch and stir until a thick dough forms. Carefully remove it from the bowl to the counter. The dough may still be warm, so use caution. Knead by hand, adding more cornstarch a teaspoon at a time if needed (up to 6 more teaspoons), until no longer sticky but still pliable. Store in an airtight container until ready to use.



# Make Math Fun in the Kitchen!



## Kitchen Math Conversation Starters

Math is everywhere, even in the kitchen or at the dinner table. Here are some ways to incorporate math into your meal times:

- Recognize numbers in recipes
- Make a pattern using your food
- Estimate how many items you need to set the table
- Think about the shapes of food
- Load the dishwasher like a giant puzzle



- Help me double this cookie recipe. The original calls for two eggs. How many eggs would I need to make twice as many cookies?
- How many pancakes do we need to make if everyone in our family eats three of them?
- How can I cut this pizza into eight equal pieces?
- We have six carrots and three people. How many carrots do we each get?
- How many Cheerios do you think you can fit on your spoon at once? Let's see if you are right.
- Do you have more raisins or apple slices in your cup? How many more?

Find these tips and more on [pbs.org](http://pbs.org)



## Developmental Assets



The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to two assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to: [www.search-institute.org](http://www.search-institute.org)!

## External Asset - Parent Involvement in Schooling

Get involved in your child's schooling by helping your child manage their homework or other school commitments. Utilize parent sites like Infinite Campus to see your child's current grades and missing work and communicate with your child's teacher. Help set up reminders by writing important dates in your child's agenda or getting a household calendar specifically for extracurriculars and important due dates.

## Internal Asset - Responsibility

Encourage your child to accept personal responsibility for their behavior. When conflict arises, help your child to take a step back and look at what part they played in the situation. Have your child identify things they could have done differently in the situation and go over the possible outcomes that could have resulted had they done things differently. It's important to help your child understand that they cannot change the actions of others but only themselves.



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## DTP...On The Go!

For some kids, bedtime is when they are most in the mood for conversation. Try sitting or laying next to your kids with the lights out and talk about their day, tomorrow's activities, and their feelings and thoughts on life.



[dinnertableproject.org](http://dinnertableproject.org)

