

THE DINNER TABLE PROJECT

A program for families to eat together, have fun, and grow closer through conversations.

August 2021

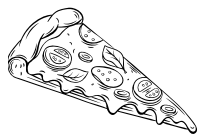
CONVERSATION STARTERS

- What was your favorite part of summer?
- What is most exciting about starting school?
- What is most scary?
- How do you feel about not wearing your mask to school?
- What are ways we can stay healthy without our mask?

QUESTIONS TO ASK

EVERYDAY...

- What did you learn today?
- How did you make someone smile today?
- What are 3 things you are thankful for?



PIZZA KEBABS



- whole wheat pita pocket
- 10 slices pepperoni
- 10 cubes fresh mozzarella

- 1/2 c. pizza sauce
- fresh veggies of choice

Slice pita pocket into 1/2 inch squares. Using a toothpick layer kebab with pita square, 1 pepperoni slice, 1 cube mozzarella, 1 of your choice veggie & finish with another pita square. Can be heated at 325 for 5-8 minutes and served warm or can be enjoyed cold. Serve with pizza sauce.

BACK TO SCHOOL TIP

Start establishing a school day routine!

MAKE PAPER AIRPLANES

Make traditional paper airplanes, or try a straw plane by following these easy steps:

1. Cut a piece of card stock into strips. One measuring 1"x5" and the other 1"x10".
2. Form 2 circles with your card stock and secure them closed with tape.
3. Tape the circles to each end of the straw. Throw with the small circle in front.

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 2-3 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!

INTERNAL ASSET

Bonding to programs

Young person forms meaningful connections with out-of-home care and education programs.

Tip: Talk with your young person about school.

What do they like about it?

EXTERNAL ASSET

Time at home

Young people spends most of their time at home participating in family activities and play.

Tip: Start a family game night!

DREAM BIG,
WORK HARD,

MAKE IT
happen.



DO DO
YOUR BEST

YOU'VE
TOTALLY GOT
THIS!

thedinnertableproject.org