

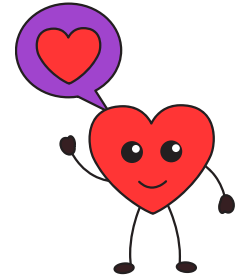
The Dinner Table Project

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

Feb 2021



Conversation Starters

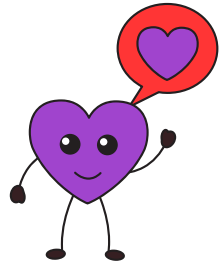


- What is your favorite random act of kindness?
- What do you want to do for others this year?
- What's the nicest thing you've ever seen someone do for someone else?
- What song makes you happy no matter what?

Weeknight Lasagna

- 8 OZ uncooked lasagna noodles (broken in 2)
- 1 CUP ricotta cheese
- 1 CUP shredded mozzarella
- 1/3 CUP parmesan
- 1 JAR pasta sauce with meat

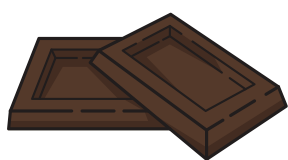
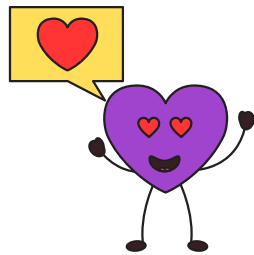
Preheat oven to 400°. Cook lasagna noodles according to package directions. Meanwhile, in a large bowl, mix ricotta cheese, 1/2 cup mozzarella cheese and Parmesan cheese. Drain noodles well; stir into cheese mixture. Spread 1 cup pasta sauce into a greased 11x7-in. baking dish. Layer with half of the noodle mixture and 1 cup sauce; layer with the remaining noodle mixture and sauce. Sprinkle with remaining cheese. Cover with greased foil; bake until heated through, 10-15 minutes.



- ### Questions to ask everyday!
- What did you learn today?
 - What are 3 things you are thankful for?
 - How did you make someone smile today?

Did you know...

the oldest record of a valentine being sent is in 1415 by a French duke named Charles!



Food Facts!

It takes up to 400 cocoa beans to make 1 pound of chocolate!



Musical Hearts

Cut construction paper into large hearts. On one side of each heart, write an action item, i.e. crab walk, dance break, jumping jacks. Place the hearts in a circle on the floor with the action item face down. Then, play your families favorite music. While the music is playing, each person will make their way around the circle while stepping on the hearts. When the music stops, flip your heart over and do your action item! This is a great way to burn energy while stuck in the house during cold weather!

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

Cultural Competence

Young person is knows and is comfortable with people of different racial, ethnic, and cultural backgrounds, and with their own cultural identity.

Tip: Discuss your own culture as well as highlighting the differences of others. Talk with your young person about how differences between people can be positive.

External Asset

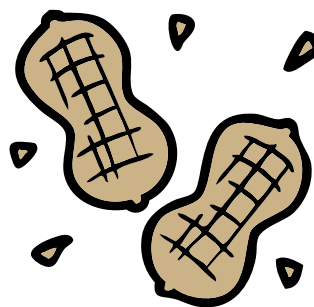
High Expectations

Caregivers and teachers expect their young person to do their best at school and in other activities

Tip: Help your young person set achievable goals. By teaching young people how to set goals and map out how to accomplish that goal, they will be able to use these steps for reaching more goals later in life!

February is Black History Month

A great way to celebrate Black History Month is to research those in our history that have made an impact. Challenge your family members to look up people from the past and what they have done to move us forward as a community, a nation and across the world. Share what you learn with each other at the dinner table!



Did you know...

George Washington Carver developed around 300 new products from peanuts! Some of which were make-up, cheese, soaps and medications.

thedinnertableproject.org

