

# The Dinner Table Project

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

## Conversation Starters



What do you value most in a friend?

Who is someone you admire for their strength?

When was a time you were brave?

## Did You Know?

It takes 400 cocoa beans to make one pound of chocolate!



## 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?



## Fruit Dip

- 1 cup low-fat vanilla yogurt
- 1/4 cup sugar
- 1/4 cup orange juice
- 2 cups low-fat fat-free whipped topping, thawed
- Various fruits, cut into pieces (e.g., strawberries, cantaloupe, bananas, apples, pineapple, peaches, kiwi)

1. Mix yogurt, sugar and orange juice until smooth.
2. Fold in whipped topping.
3. Serve with fruits.

Servings:3 Serving Size:1/4 cup





# Presidents' Day is Monday, February 19

Here are some fun Presidents' Day facts to help you celebrate!

Every year in the US Senate, George Washington's farewell speech is read on Presidents Day.

Virginia is home to more former presidents than any other state. Because of this, Virginia holds parades throughout the month honoring the presidents.

Thirty-five parks in the US are named after various American Presidents.

Presidents' Day used to be celebrated to honor George Washington's birthday.

Presidents' Day is celebrated on the third Monday of February each year.

National parks usually waive their fees on Presidents' Day.



## 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 - High Expectations

Creating high expectations of your child can be achieved by setting goals together and praising accomplishments. Have your child set achievable goals, like making an A on their next math test. When the goal is achieved, allow input from your child on what they would like their reward to be.

## Internal Asset - Homework

To ensure your child turns in their homework in a timely manner, create a routine for homework time. Have a designated place for your child where they do their homework every day; this could be at a desk, the kitchen table, or even dad's favorite chair. Set the atmosphere by turning the TV off, setting their phone and even your phone to silent, and offering a light snack! If the homework will take longer than 30 minutes for your child to complete, be sure to set timers for breaks!



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## DTP...On The Go!

Valentine's Day is in the month of February and is a great opportunity for families to connect. Choosing Secret Valentine's is a fun idea. Each member of the family will draw names and agree to do five nice things for their Secret Valentine. Suggestions include saying something nice, completing extra chores, leaving gifts around the house, or writing a thoughtful letter. On the last day of the month, each family member will reveal the name of their Secret Valentine.



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

