

The Dinner Table Project

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

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?

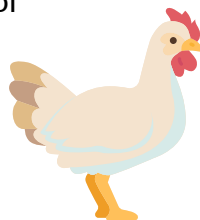


Conversation Starters

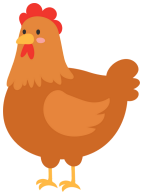
If you could choose one song as your theme song, what would it be?

What do you think is the best invention of all time?

What do you hope to do before school is out for the year?



Savory Ranch Party Mix



9 Cups of crispy corn cereal

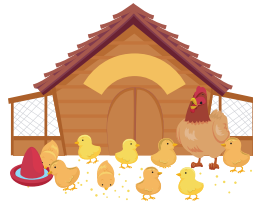
2 Cups of bite sized cheese crackers

2 Cups of small pretzel twists

1 Packet of ranch dip mix

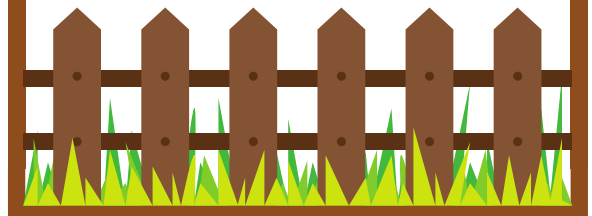
3 Tablespoons of melted butter

Mix cereal, crackers and pretzels into a large sealed bag. Add the remaining ingredients (ranch and butter) to the bag and shake. If child is under the age of 4, omit the pretzels.



Backyard Obstacle Course

Take items from your yard and make an obstacle course. See who can make it through the course the fastest and then the slowest!



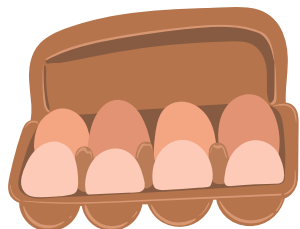
Turn An Egg Into a Bouncy Ball!

Materials for the Experiment:

Raw Eggs

Vinegar

Food Coloring (optional)



Directions:

- Place your raw egg in a cup. You can use a jar as well, just make sure there is enough room to easily get the egg in and out.
- Add enough vinegar to cover the egg. You can add food coloring if you'd like.
- Wait 24 to 48 hours.
- Carefully pull your egg out of the vinegar. (It is safe to handle with your hands, but make sure you are careful. And remember to tell your kids not to touch their eyes with vinegar hands.)
- Gently rinse the egg in running water and what is left of the shell will come off. What you have is the egg in just its membrane.
- Gently feel and squish the egg a little. (Not too much, it can pop)
- Hold the egg above a bowl or plate and let it fall. Start small, just an inch or two about the surface and then greater heights. It will bounce!

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!

External Asset - Service to Others

Help your child to be a service to others by encouraging them to give back. Encourage your child to go through their belongings and donate any clothes they may have outgrown or toys that they no longer play with. If you really want your child to see the joy their service brings to others, have your child write and decorate letters for nursing home residents.

Internal Asset - Personal Power

Create a sense of personal power in your child by allowing them to make decisions on things that affect them. This can be as easy as allowing your child to decide what the family will eat for dinner, choosing how they will decorate their room, or allowing them to pick out their own clothes for school. Allowing your child to make decisions on the things that affect them will show them that they have some control over what happens in their life.



Help us improve our newsletters by completing this quick survey!



DTP...On The Go!

If you have a busy day and there just isn't time to gather at the table, spend some time chatting in the car! Turn down the music and talk instead while your kids are buckled in and can give you all their attention.



dinnertableproject.org

