

The Dinner Table Project

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

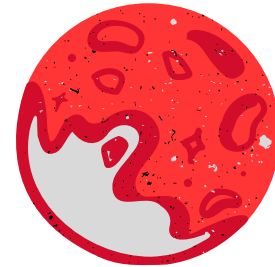
Summer 2021

Questions to Ask Everyday...

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

Conversation Starters

- Would you rather talk to flowers or animals? Why?
- What is your favorite thing to do outside?
- What is one thing we can do as a family this summer?
- Do you have any goals for the summer? How can I help?



Did you know...

June's full moon is called the "Strawberry Moon". This moon was named by Native American Tribes, because when they saw it, it meant the strawberries were ready to eat.

Ice Cream in a Bag

- | | |
|-------------------------------|-------------------------|
| 1 c. half-and-half | 3 c. ice |
| 2 tbsp. granulated sugar | 1/3 c. kosher salt |
| 1/2 tsp. pure vanilla extract | Toppings of your choice |

In a small resealable plastic bag, combine half-and-half, sugar, and vanilla. Push out excess air and seal. Into a large resealable plastic bag, combine ice and salt. Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened. Remove from bag and enjoy with your favorite ice cream toppings.



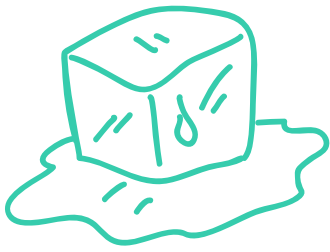
Juneteenth

Have you ever heard of Juneteenth? On January 1, 1863, those in slavery were freed. However, the news of freedom didn't reach all people until June 19th, 1865. This is when the people of Texas heard of their freedoms and began celebrating Juneteenth ever since!



KENTUCKY
REGIONAL
PREVENTION
CENTERS

The Dinner
Table Project



Frozen T-shirts

Cool off with this frozen t-shirt game. To play, soak your t-shirts in water and stick them in the freezer. The next day, give each player a frozen shirt. The first to defrost the shirt and put it on wins.

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!

External Asset

Positive Peer Influence

Caregivers monitor the young person's friends and encourage spending time with those who set good examples.

Tip: Don't be afraid of getting to know your young person's friends!

Internal Asset

Equality and Social Justice

Caregivers encourage young person to be concerned about rules and being fair to everyone.

Tip: Keep it simple when explaining things to your young person. This month is Pride Month and we will celebrate Juneteenth, start a conversation about their history!



Did you know...

On June 29, 2007, the first iPhone was released.



We encourage electronic free meals. When we are distraction free, we have better conversations. There are also fun ways to add in technology for family games, connection, and learning! Try having an electronic free meal and then talk with your young person about how it was different.

Did you know...

An average of \$1 BILLION is spent each 4th of July on just fireworks!

More Moon Facts!

July's full moon will be on Independence Day! On July 20, 1969 Neil Armstrong was the first person to step onto the moon. He left an American flag on the moon, too!

thedinnertableproject.org

Follow us for more fun!

