

# The Dinner Table Project

A program for 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 trade houses with someone, whose house would you choose?

What's your favorite moment of the day?

If you could shop for free at one store, which one would you choose?

What's the most amazing thing you've ever seen from the car window?

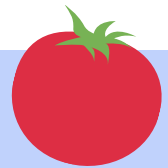


## Did You Know?

The most popular foods for cooking on the grill are, in order: burgers, steak, hot dogs, and chicken.



## Colorful Grilled Corn Salsa



- |                                      |  |
|--------------------------------------|--|
| 2 medium ears of sweet corn in husks | 1 tablespoon finely chopped green pepper     |
| 2 medium tomatoes, chopped           | 1 tablespoon finely chopped sweet red pepper |
| 1 small onion, chopped               | 1 teaspoon minced seeded jalapeno pepper     |
| 2 tablespoons minced fresh cilantro  | Pepper and salt, to taste                    |
| 1 tablespoon lime juice              | Tortilla chips                               |

Peel back husks of corn but don't remove; remove silk. Replace husks and tie with kitchen string. Place corn in a bowl and cover with water; soak for 20 minutes. Drain.

Grill corn, covered, over medium-high heat for 20-35 minutes or until husks are blackened and corn is tender, turning several times. Cool.

Remove corn from cobs and place in a bowl. Add tomatoes, onion, cilantro, lime juice, peppers, salt and pepper. Serve with tortilla chips.



## Have a Beach Day... At Home!

Can't go on a vacation? Just pretend! Put on your bathing suit, shades and some sunny music, and have a beach party at home. Add some water balloons or a sprinkler if you can take the beach day outside!



## Summertime Safety Tips

- Stay safe while boating by wearing a life jacket.
- When outdoors wear a hat, sunglasses and sunscreen. Apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.
- Apply insect repellent before spending time outdoors.
- As the temperature rises, don't forget to drink water and stay hydrated!



## 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](http://www.search-institute.org)!

## External Asset: Creative Activities

Make sure your child is using their time constructively. Encourage your child to get involved with a creative activity such as entering a school or community based contest for writing or art. If your child is into drama, have your child put on a play for the family. If your child loves music, have everyone in the family find a household object to use as a musical instrument and create a song as a family.

## Internal Asset: Sense of Purpose

Help your child to find their sense of purpose by helping them to recognize their passion. Encourage your child to try new things such as joining a new club, or trying out for a sport or play. Every opportunity you get, let your child know when they did something to make you proud. While eating dinner, have your child tell you what they do well and why they feel that way; share with your child what you think they do well and why. A combination of these things will help your child to recognize their strengths, which will lead them to their purpose.

## DTP...On The Go!

Enjoy the summer weather and spend time with your family by taking nightly walks together. Exercising your body and your brain at the same time can break down communication barriers and help kids to open up. You may find that your family walk and talks become a highlight of your day!



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

