

The Dinner Table Project

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

December 2024

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?



- One small onion, diced
- One pound ground turkey
- 1 tablespoon of garlic powder
- 2 Teaspoons of chili powder
- 2 teaspoons of dried oregano
- 1 (10 ounce) can diced tomatoes with green chilies, do not drain (optional)
- 1 (15 ounce) can diced tomatoes, do not drain
- 2 cups of water
- 8 ounces whole wheat spaghetti, uncooked and broken in half
- 3/4 cup of shredded cheese

December is the month that we want to focus on self-care:

December is the month when we all need to set aside some time for self-care. Some self-care ideas are journaling, taking ten minutes to yourself, read a book, light a candle, learn a new skill, have a pajama day, and spend time with loved ones. Take time this month for self-care!

One Pot Cheesy Spaghetti

1. In a large pot, add onion and ground turkey. Cook on medium-high heat until turkey has browned.
2. Add garlic powder, chili powder, and oregano. Stir to mix.
3. Add both cans of diced tomatoes, water, and spaghetti. bring mixture to a boil, stir occasionally to make sure that spaghetti is submerged. Reduce heat to a simmer and cover.
4. Cook for about 15 minutes or until spaghetti is done, stirring occasionally.
5. Add cheese, turn off the heat, and cover with a lid until cheese melts (about 2-4 minutes)

Conversation Starters

Who is the nicest person you know?

What was the best present you've been given?

Describe yourself in three words.



Winter Family Activity: Indoor Camping



When outdoor camping isn't an option, bring camping indoors. This can be the perfect experience for the whole family.

- Build a blanket fort
- Make indoor s'mores
- Add ambiance with nature sounds
- Watch a winter movie
- Make shadow puppets



Developmental Relationships

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

Share Power: Treat me with respect and give me a say.

- **Respect me** - Take me seriously and treat me fairly.
- **Include me** - Involve me in decisions that affect me.
- **Collaborate** - Work with me to solve problems and reach goals.
- **Let me Lead** - Create opportunities for me to take action and lead.



DTP...On The Go!

December may be the most wonderful time of the year for family bonding. Families often find themselves traveling more in a car during this time or spending more time indoors due to the unpredictable weather. Regardless, if families are traveling in the car or spending time indoors there are many creative bonding activities that families can incorporate. The song association game is a great opportunity for families to come up with a list of songs by working in teams of two or three. The game starts out with the first speaker saying one holiday themed word and each team will try to identify as many holiday songs as possible that include the identified word. The team who identifies the most songs wins the rounds. When creating the lists of songs, teams will need to be prepared to utilize their vocal skills.



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