THE DINNER TABLE
PROJECT

EASY CHICKEN SALAD

INGREDIENTS

- 12-ounces leftover or canned chicken (about 2¼ cups)
- ½ cup low-fat mayonnaise or salad dressing
- ½ cup seedless red grapes, quartered
- ½ cup chopped celery
- ½ cup chopped pecans (optional)
- Crackers or bread for serving

DIRECTIONS

- Dice leftover chicken into ½-inch cubes, or drain and flake canned chicken.
- Mix other ingredients, except crackers or bread, with chicken.
- Serve with crackers or bread.

Conversation Starters

- If squirrels could talk, how would they sound?
- Can you name five bugs that have wings?
- What is your favorite book about animals?

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?

operationparent

Operation Parent is a national nonprofit that helps parents and caregivers talk with their K-12 children about important topics like technology, substance use, and mental health. They offer helpful tools like parent handbooks and free webinars to give families the confidence to start these conversations and keep them going.

KENTUCKY REGIONAL PREVENTION CENTERS

The Dinner Table Project

Self-Care Ideas for Mental Health Awareness Month

☐ Spend time in nature   ☐ Practice deep breathing

☐ Read a book   ☐ Do a puzzle

☐ Unplug from all devices   ☐ Make a meal together

☐ Write a letter to your future self ☐ Listen to music

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.

Provide Support:
Navigate, Empower, Advocate, Set Boundaries

Tips:
- Encourage them to speak their thoughts
- Ask questions
- Actively listen

DTP On The Go

May signals the approach of summer break, making it the ideal time to begin planning fun activities for your family. Early in the month, consider making a list of places you'd like to visit and things you'd love to do together before school starts again.

Family Fun Adventures in KY →

dinnertableproject.org

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