

The Dinner Table



Project

# The Dinner Table Project

December 2015

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



## Developmental Assets

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets, for four age groups. These building blocks have been proven to help youth grow up healthy, caring, and responsible. Each month, you will be introduced to three new assets. Please go to our website at [thedinnertableproject.com](http://thedinnertableproject.com) to view the full list.

Asset	Tip
<p><b>Service to Others</b></p> <p>It is important that your child has opportunities to perform simple but meaningful and caring actions for others.</p>	<p>Talk to your child about the importance of helping people. Explain that it makes you, and the person you're helping, feel good. Encourage your child to help a neighbor rake leaves or shovel their driveway after it snows!</p>
<p><b>Positive View of Personal Future</b></p> <p>Your child should find the world interesting and enjoyable, and feel that he/she has a place in it.</p>	<p>Check out the local historical landmarks and/or work on a family tree together, ending with them! It will show your child the importance of the past and future.</p>
<p><b>Motivation to Mastery</b></p> <p>Your child responds to new experiences with curiosity and energy, resulting in the pleasure of mastering new learning and skills.</p>	<p>Get your child excited about learning! Make a song with their spelling list or let them choose what your having for dinner if they have a great 9 weeks.</p>



Have a safe, happy holiday season!



REGIONAL PREVENTION & EDUCATION CENTER

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## Conversation Starters

- ⇒ In your opinion, do people your age care about their school? Why or why not?
- ⇒ What do you feel will be the result of resisting peer pressure? Do you think that your friends will like you less or more? Why?
- ⇒ In your opinion, how important is it to dream and set goals? Why?
- ⇒ Have you made any plans for your future? What does your future look like?
- ⇒ Tell me about a time you laughed so hard and you thought you couldn't stop.
- ⇒ What is the hardest thing about making new friends? What is the best thing?



## Table Games

### 10 Things I Love About...

Pick a topic and have each person tell 10 things they love about the chosen topic. Draw from a hat or go around and have each person pick a different topic. Example: 10 things I love about the holiday season.

### Telephone

Have fun playing this classic game! Choose the oldest or youngest person to begin and then go clockwise around the table. The first person will think of a silly sentence and whisper it to the person on their left. After it goes down the line, the person that started will say the "new" sentence out loud and then tell everyone their original sentence.

## Recipe

### Slow-Cooker Chicken Pot Roast

Originally found at <http://www.bettycrocker.com/recipes/slow-cooker-chicken-pot-roast-dinner/3e3d2cd9-a8f5-4f1a-b616-39fb86277fb2>



#### What you'll need:

- 1 lb. small potatoes (6 to 8), unpeeled, cut into 1-inch pieces (3 cups)
- 2 cups ready-to-eat baby-cut carrots
- 1 cup frozen small whole onions
- 6 boneless skinless chicken thighs (1 1/4 lb.)
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 jar (12 oz.) chicken gravy
- 1 1/2 cups frozen sweet peas, thawed

#### Directions:

Spray slow cooker with cooking spray. In cooker, place potatoes, carrots and thawed onions. Sprinkle chicken with salt and pepper; place over vegetables in cooker. Pour gravy over top.

Cover; cook on Low heat setting 8 to 10 hours.

Stir in thawed peas. Increase heat setting to High. Cover; cook about 15 minutes longer or until peas are tender.



Go to [www.madd.org](http://www.madd.org) to learn more about drunk and drugged driving.

