

# The Dinner Table Project

February 2018



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. These building blocks help youth grow up to be caring and responsible adults. Please visit our website to see the full list.

## Interpersonal Skills & Caring

It's important that your child cooperates, shares, plays well with others, and comforts others in distress. It's also important that your child show empathy, understanding, and awareness of others' feelings.

TIP: Encourage your child to talk to their friends if they seem sad. It might be difficult at first to approach someone that's upset, but the more they do it, the easier it will be. A simple, "are you OK?" could mean the world to one person.

## Self-esteem

It's important that your child likes her- or himself and has a growing sense of being valued by others.

TIP: Encourage your child to make a Valentine's card to their self, listing all of the things that they love about themselves!



## Character Word of the Month

Compassion: Caring for others with kindness.

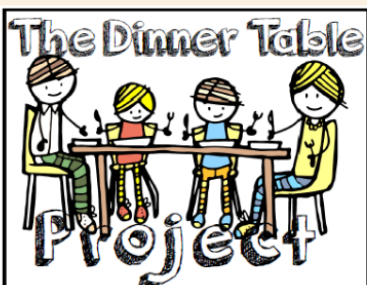
Ways to show compassion:  
Smile more!

Open the door for someone.

Say nice things to others.

Share a hug or a handshake.

Always say "thank you" if someone does something for you.



[thedinnertableproject.com](http://thedinnertableproject.com)



## Conversation Starters



## Health

### *Simple Ways To Prevent A Cold*

1. Run your humidifier 24/7!
2. Keep toothbrushes separate.
3. Up your Omega 3 (found in fish).
4. Wash your hands (and not just after you use the bathroom)!

Find more at:

<https://www.prevention.com/health/how-to-prevent-a-cold>



## Dinner Table Game



### EMOTIONS

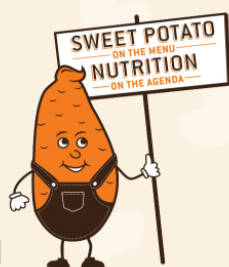
Everyone shuts their eyes and someone calls out an emotion (joy, sad, happy). Everyone tries to portray this emotion through facial expression. When the caller says open, everyone must open their eyes to see each other's expression.



## Loaded Sweet Potato & Chicken Bake

What you'll need:

- 4 sweet potatoes- rinsed, peeled and cubed
- 3-4 chicken breasts- cut into 1 inch cubes
- 1/2 cup olive oil
- 1 1/2 Tbsp paprika
- 2 Tbsp garlic powder
- 3 Tbsp hot sauce
- Salt and pepper to taste
- 1/2 cup green onions, diced
- 1 cup shredded cheddar cheese



### Directions:

Preheat oven to 450 degrees. In a measuring cup mix olive oil, paprika, garlic powder, hot sauce, salt and pepper. Add sweet potatoes in a bowl and pour half of the oil mixture in the bowl and mix them around and then let them sit for 10 minutes. Coat a 13X9 baking dish with cooking spray. Evenly spread the sweet potatoes in the baking dish and bake for 30-40 minutes. Mix sweet potatoes occasionally so they cook evenly. While the sweet potatoes are baking cube the chicken and add into the bowl the potatoes were in and top with the rest of the oil mixture. Once the timer goes off for the sweet potatoes, take the dish out and top the potatoes with the chicken and 1/4 cup of green onions. Bake for 12-15 minutes. Once chicken is just about fully cooked take the dish out and top everything with cheddar cheese. Place back in the oven for 5 minutes to let the cheese melt. Top with remaining green onions and ENJOY!

From:

<https://workhardweighless.wordpress.com/2015/11/17/loaded-sweet-potato-and-chicken-bake/>



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Samantha Powell - [spowell@4rbh.org](mailto:spowell@4rbh.org)

Ellen Walsh - [ewalsh@4rbh.org](mailto:ewalsh@4rbh.org)

270.442.8039