

The Dinner Table Project

November 2024

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

Turkey Wraps



- 8-inch whole-wheat flour tortilla
- 1 tablespoon low-fat ranch salad dressing
- 3 thin slices turkey breast
- 2 tablespoons assorted diced vegetables

Spread tortilla with a thin layer of ranch dressing.
Place turkey and diced vegetables on top of salad dressing.

Roll up and slice in half.

Servings: 2 Serving Size: 1/2 wrap

Conversation Starters

If you could start a new tradition for gatherings, what would it be?

Is there a dish that always reminds you of home or a loved one?

If you could share a meal with anyone from history, who would it be and why?

November 13 is World Kindness Day.
Celebrate by doing a random act of kindness for someone.

Questions to Ask Everyday

What was your favorite thing you learned today?

What was the bravest thing you did today?

Did anything really funny happen today?

Search Institute Developmental Relationships Framework

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.

Expand Possibilities

Connect me with people and places to broaden my world.

- **Inspire** – Inspire me to see possibilities for my future.
- **Broaden Horizons** – Expose me to new ideas, experiences, and places.
- **Connect** – Introduce me to people who can help me grow.

Cardboard Tube Snakes

- Scissors
- White craft glue
- Toothpick
- 3 cardboard tubes
- 6 googly eyes
- Acrylic craft paint in colors of your choice

1. Paint the outside of your cardboard tube.
2. Let it dry and then cut your tube around into a spiral coil
3. You can wrap the board around a paintbrush to hold its shape while you keep painting or add designs to your snake.
4. Add the googly eyes and mouth and your snake is good to go!



DTP On The Go!

November is a great month to self-reflect on things you are grateful for. Creating a family blessing box for the month of November is a great way for family members to share things they are grateful for each day of the month. All family members can work together to create and design their individual or family blessing box. To make it more unique, families can use color paper, stickers, paint, or markers. Beside the Blessing Box, place a stack of paper or post it notes for family members to write on and then place their blessings in the box. Traveling in a car is a great environment for caregivers to share and encourage youth to identify and explore things they are grateful for. Thanksgiving Dinner is a great opportunity for families to open the Blessing Box and share their individual or family blessings that were added to their individual or family blessing box.

