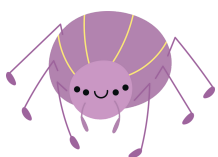


August 2023

The Dinner Table Project

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



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?



Conversation Starters

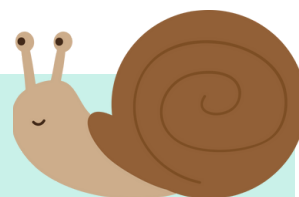
If you could switch seats with anyone in your class, who would it be? Why?

What is the weirdest gift you've either given or received?

Who is a trusted adult that makes you feel safe to be yourself?



Easy Granola Bars for Back to School



2 cups quick oats

2 tablespoons sliced almonds

1 cup peanut butter

1/4 cup raisins or dried cranberries (optional)

1/4 cup honey



Mix together ingredients in a medium-sized bowl. Line a 9×9 square pan or 7×11 rectangular pan with parchment paper and press the granola into the pan until evenly distributed. Place pan in the freezer for one hour until granola is firm. Cut into 14 bars.

Servings: 14 Serving Size: 1 bar



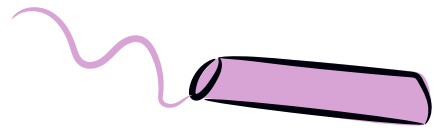
Fairy Houses

Use your imagination outside and collect moss, bark, and leaves to create a tiny dwelling fit for a fairy, or maybe a bug!



Make Your Own Sidewalk Chalk!

Directions:



Prepare the Molds

- Line your chosen molds with wax paper, making sure the waxed side is facing up. If you're using tube molds, cover one side with masking tape to keep the chalk from leaking out.

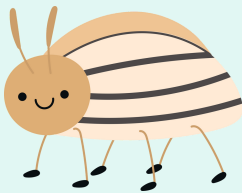
Make the Chalk

- Pour equal parts cornstarch and water into a mixing bowl. Stir so that the mixture has a thick, smooth consistency. Separate the mixture into smaller bowls, one for each color of chalk you want to make. Use a few drops of food coloring to dye the mixtures in the different bowls. Stir each one well so that the color gets fully incorporated. Pour the chalk mixtures into molds. Use a spoon to help you transfer the chalk mixtures into individual molds. Cover the molds with wax paper. Let the chalk dry for 12 hours before removing it from the molds. This chalk is completely natural and biodegradable!

Recipe:

- 1 cup cornstarch
- 1 cup water
- Toilet paper roll (or other container) for mold

Developmental Assets



The Search Institute has identified 40 positive supports and strengths that young people need to succeed.

They focus on relationships, opportunities, values, commitments, and more. We introduce you to two assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to: www.search-institute.org!

External Asset - High Expectations

Creating high expectations of your child can be achieved by setting goals together and praising accomplishments. Have your child set achievable goals, like making an A on their next math test. When the goal is achieved allow input from your child on what they would like their reward to be.

Internal Asset - Homework

To ensure your child turns in their homework in a timely manner, create a routine for homework time. Have a designated place for your child where they do their homework every day; this could be at the computer desk, the kitchen table, or even dad's favorite chair. Set the atmosphere by turning the TV off, setting their phone and even your phone to silent, and turning on some soft music instead, served alongside a light snack! If the homework will take longer than 30 min for your child to complete, be sure to set timers for breaks!



Help us improve our newsletters by completing this quick survey!



DTP...On The Go!

Many schools resume classes in August, and this can be exciting and stressful for both children and parents. To help reduce some of the stress families can engage in leisure activities such as going to the park, walking, or watching a movie together. Adults can encourage their children to share their thoughts and feelings about the new school year. Ask questions about their goals or things they may be interested in such as sports or clubs at school.



dinnertableproject.org

