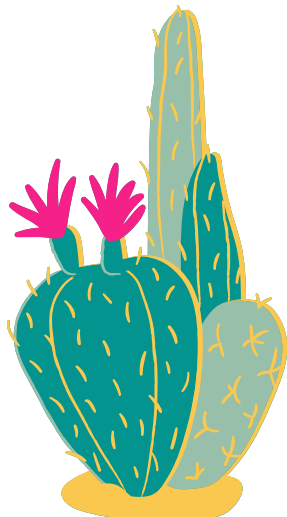


The Dinner Table Project

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



Conversation Starters

How do you deal with people letting you down?

When you feel overwhelmed, who or what helps you feel calm?

How would your friends describe you?



End-of-Summer Pasta

- 12 cherry tomatoes, cut in half
- 1 cup bowtie or macaroni pasta, cooked
- ¾ cup fresh corn (1 ear)
- 1 garlic clove, chopped
- 1 Tbsp olive oil
- ½ Tbsp of butter
- ¼ tsp salt
- ¼ tsp pepper



Heat olive oil in a skillet over medium-high heat. Add garlic and tomatoes and let cook for 3 minutes. Add corn and let cook another 3 minutes. Place cooked pasta in a bowl. Add vegetables, butter, salt and pepper. Stir together and enjoy!

Servings: 2.5 servings Serving Size: 1 cup

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?



Glitter Backpack Charms

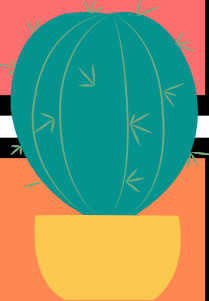


What you need:

- Glitter Paint
- Acrylic Paint
- Paintbrushes
- Natural sponge
- Air dry clay
- Cookie cutters
- Drinking straw
- Metallic cord, trim, tassels, and bells

How to:

1. Begin by rolling out your air dry clay until it's about 1/2" thick.
2. Cut out shapes using your cookie cutters.
3. Use a drinking straw to poke a hole into the top of each charm. Let dry completely according to the clay package directions.
4. Time to get painting! You can use multiple paintbrushes and blend the colors together roughly, or use a natural sponge to create more speckles. Let dry.
5. Use a paintbrush or foam brush to apply glitter paint onto each charm. Let dry completely and then add a loop of string through the hole and add on beads, bells, and tassels if you like.
6. Loop the charms onto your backpack!



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.

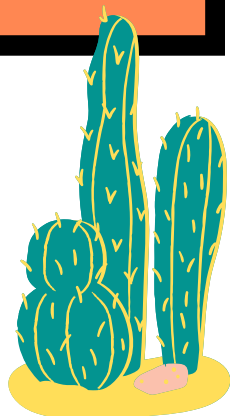
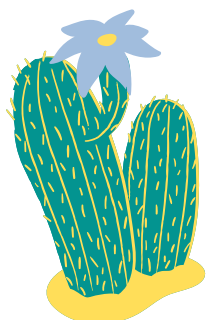
Challenge Growth

Push me to keep getting better.

- **Expect my best**—Expect me to live up to my potential.
- **Stretch**—Push me to go further.
- **Hold me accountable**—Insist I take responsibility for my actions.
- **Reflect on failures**—Help me learn from mistakes and setbacks.

DTP...On The Go!

Have a family picnic at your favorite outdoor location. Use your five senses (smell, taste, touch, hearing, sight) to take in everything around you. Take a family walk and encourage your children to share personal thoughts and feelings about their experiences. Make this Dinner Table Project on the Go a regular weekly activity!



dinnertableproject.org

