

The Dinner Table Project

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

December 2020

Conversation Starters

What is your favorite family tradition?

If you could go anywhere in the world, where would you go? Why?

What are some things you can do to show others you care for them?

How can you tell someone is a good friend? How do they act?



Questions to ask everyday

What are 3 things you are thankful for today?

What did you learn today?

How did you make someone smile today?



Did you know...
a group of penguins
on land is called
a waddle!



Chicken Noodle Soup

1 TBS Butter	1 (14.5 oz) Can Veg. Broth
1/2 Cup Chopped Onion	1 1/2 Cup Egg Noodles
1/2 Cup Chopped Celery	1 Cup Sliced Carrots
4 (14.5 oz) Cans Chicken Broth	1/2 TSP Basil & Oregano
1/2 LB Chopped Chicken Breast	Salt & Pepper to taste

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

<https://www.allrecipes.com/recipe/26460/quick-and-easy-chicken-noodle-soup/>

Social Distancing could make the holidays tough. If you aren't able to see your loved ones, schedule a time using Zoom or Facetime to open presents as a family together!





Balance

Beam

Bonanza

Use painters tape to gently tape down a line of any length. Challenge your children to walk to the end with out "falling off". To make it more difficult, add spirals, zig-zags, or even go backwards!



Did you know...



Not everyone celebrates Christmas! December holds several different holidays for people around the world and of different backgrounds!

Want to send a letter to Santa?

Mr. Santa Claus
123 Elf Road
North Pole, 88888



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 2-3 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

Family Support

Family life provides high levels of love and support.

Tip: Remember, while you may have experienced some of the same stressors in your youth, your kids are processing a lot while trying to maintain normal routines.

Internal Asset

Responsibility

Young person accepts and takes personal responsibility.

Tip: Share roles in the house. Allow your young person to help with chores and tasks.

Drugged and Drunk Driving Month

December is Drugged and Drunk Driving Month. It's never too early to start talking with your young person about avoiding drugs and alcohol. If you need tips on starting the conversation,

Talk. They Hear You has conversation guides for parents and guardians for starting the conversation.

thedinnertableproject.org

