

# The Dinner Table Project

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

## Conversation Starters

What is one thing you learned today that you think I might not know?

If you were the mayor of your city, what would you change?

Which wild animal would you like to tame and keep as a pet?

What superhero power would you most like to have?

## Did You Know?

The first Super Bowl was held Jan. 15, 1967 in California.

This year's Bowl is on Sunday, Feb. 13th, and will also be played in California!

## Strawberry Cake Mix Cookies



- 1 (15.25 oz) box strawberry cake mix
- ½ cup vegetable oil
- 2 eggs
- 1 cup white chocolate chips



Preheat oven to 350 degrees. Add the strawberry cake mix and oil to a large bowl. Crack two eggs and add them to the bowl as well. Mix together until a dough forms. Add in white chocolate chips to the dough and mix until thoroughly combined. Drop dough by rounded teaspoonfuls onto a parchment-lined cookie sheet. Place the cookies a few inches apart. Bake the cake mix cookies for 10-12 minutes at 350 degrees. When you remove them from the oven allow them to cool on the cookie sheet.

## 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?

February 20th is National Love Your Pet Day!



## February is Black History Month



Take time this month to talk about the contributions of African-Americans to our country's history. Check out books from the library to read together or search online for educational videos to watch as a family. You can begin the conversation now and continue learning about the history and achievements of African Americans year-round!

## Learn About Your Family Tree

Get the whole family together and learn about your family history. Have the grandparents and relatives tell stories about when they were kids for a fun, family-bonding experience.



## 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](http://www.search-institute.org)!



## External Asset:

### Parental Involvement in Schooling

Get involved in your child's schooling by helping them manage their homework or other school commitments. Utilize parent sites like infinite campus to see your child's current grades, missing work, and to communicate with your child's teacher. Help set up reminders by writing important dates in your child's agenda or getting a household calendar specifically for extracurriculars and important due dates.

## Internal Asset:

### Personal Power

Create a sense of personal power in your child by allowing them to make decisions on things that affect them. This can be as easy as allowing your child to decide what the family will eat for dinner, choosing how they will decorate their room, or allowing them to pick out their own clothes for school. By allowing your child to make decisions on the things that affect them will show them that they have some control over what happens in their life.

## DTP...On The Go!

No time for a full meal around the table this week? Gather everyone in the kitchen for a late-night snack and use that time to talk and catch up. Slice up an apple and serve with peanut butter, or just grab some chips or a cookie for a sweet treat. Use the conversation starters from the front of this page and check in with each other before bedtime!



[dinnertableproject.org](http://dinnertableproject.org)

