

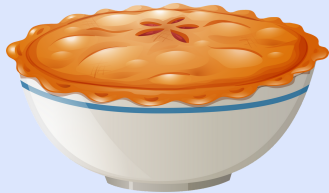
The Dinner Table Project

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



Easy Chicken Pot Pie

- ¾ cup frozen mixed vegetables, thawed
- 1 cup cooked chicken, cut into bite-size pieces
- 1 (10¾ ounce) can low fat, condensed, cream of chicken soup
- 1 cup reduced fat baking mix
- ½ cup milk
- 1 egg



Wash hands and any cooking surfaces. Preheat oven to 400 degrees F. Mix vegetables, chicken, and soup in an ungreased, 9-inch pie plate. Stir baking mix, milk, and egg in a mixing bowl with a fork until blended. Pour over vegetables, chicken, and soup mixture in the pie plate. Bake for 30 minutes or until golden brown. Let cool for 5 minutes and serve.

Servings:6 Serving Size:1/6 of pie

Conversation Starters

Would you rather see everything in slow motion or fast forward?

Share a time when you felt peaceful and content.

Who is your favorite person to laugh with and why?

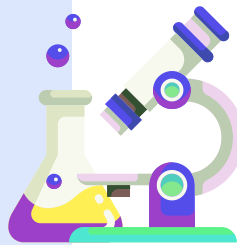


Questions to Ask Everyday

What are 3 things for which you are thankful today?

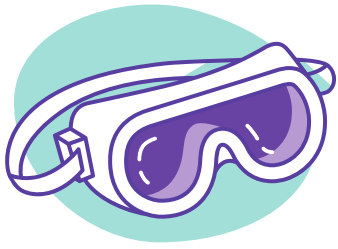
What did you learn today?

How did you make someone smile today?

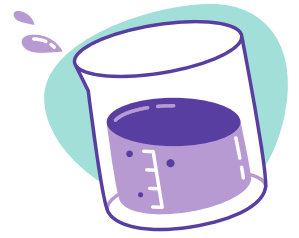


Did You Know...

When you are cooking, you're performing a science experiment that you can eat! Make observations and predictions, experiment with different ingredients, and evaluate how your tasty experiment turned out!

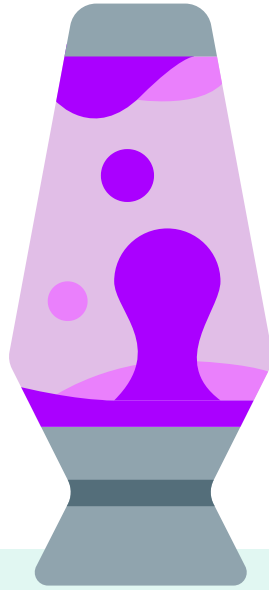


Science Experiment Time! Make a Homemade Lava Lamp



Materials & Tools You Need:

- water
- oil (baby oil or vegetable oil)
- food coloring
- Alka-seltzer effervescent antacid tablets
- tall glass or bottle



Instructions:

1. Fill the glass with 1 to 2 inches of water.
2. Add your favorite food coloring.
3. Fill the rest of the glass with oil but stop at about 1 inch from the top so that it won't bubble over.
4. Drop an antacid tablet into the mixture and watch what happens!

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 - Family Boundaries

Set family boundaries by sitting down with your child and creating a list of family rules together. Allow your child to have input on possible consequences for breaking the family rules. Monitor your child's whereabouts by creating check-in times; this can be as easy as having your child wear a digital watch and telling your child to check-in at 3pm and 5pm when they are outside playing with their friends.

Internal Asset - Sense of Purpose

Help your child to find their sense of purpose by helping them to recognize their passion. Encourage your child to try new things such as joining a new club or trying out for a sport or play. Every opportunity you get, let your child know when they did something to make you proud. While eating dinner, have your child tell you what they do well and why they feel that way; share with your child what you think they do well and why. A combination of these things will help your child to recognize their strengths, which will lead them to their purpose.



Help us improve our newsletters by completing this quick survey!

DTP...On The Go!

We tend to spend more time indoors in the winter months, and this can be a great opportunity for families to connect. A great family bonding activity is 20 Questions. This activity will allow family members to share their thoughts, feelings or ideas. Each member of the family will come up with twenty questions to ask each other. Family members may choose the themes of the questions which may include silly or serious topics.



dinnertableproject.org

