


The Dinner Table Project

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

Did You Know?



Days begin to get longer in spring because the Earth tilts toward the sun.

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?

March 20th is the First Day of Spring!



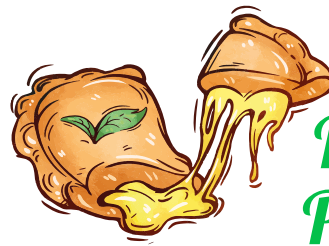
Conversation Starters

Think of an assignment or conversation you had today that you liked. Why did you enjoy it?

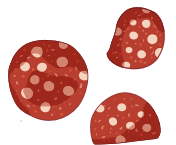
Which sport is the most fun to play?

Who's the funniest person you know?

Which family or school rule would you most like to change?



Pepperoni Pizza Rolls



1 tube refrigerated pizza dough

40 pepperoni slices

10 mozzarella cheese sticks

2 tbsp butter

1 tbsp grated parmesan cheese
marinara sauce for dipping

Preheat oven to 450 degrees F. Spread pizza dough out on a cutting board and cut the dough into 10 equal-size rectangles (a pizza cutter makes this job easier). Arrange 4 pepperoni slices on each rectangle and top with a mozzarella cheese stick. Roll up the pizza dough, enclosing the cheese stick, pinching the seams closed. Melt the butter and stir in the parmesan cheese. Brush the pizza sticks with the melted butter mixture. Bake for 10 to 12 minutes or until golden brown.

Eat immediately with a side of marinara for dipping.



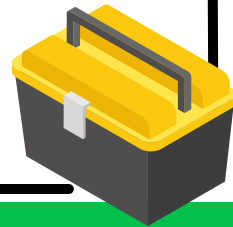
March is Severe Weather Preparedness Month

As Spring arrives, it's a great time for you and your family to have a severe weather preparedness plan. It's important to make a plan now, so you will know what to do in case severe weather happens. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Plan how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. Don't forget to consider specific needs in your household. Finally, practice your plan and work out any issues that may occur.

Get Prepared!

An important part of planning for a disaster is preparing an emergency kit. What should go in your kit? Use the list below to get started:

- Water—at least a gallon per person, per day
- Non-perishable food (such as dried fruit, peanut butter, or energy bars)
- Extra batteries or an alternative power source
- Matches in a waterproof container
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups, utensils, paper towels
- Battery-powered or hand-cranked radio
- Sleeping bag or warm blanket for each person
- Prescription medicines
- Whistle to signal for help
- Can opener (manual)
- Pet and service animal supplies
- Baby supplies (formula, diapers, etc.)
- Extra pair of eyeglasses
- Flashlights
- First aid kit
- Cash



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!

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 classical 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!

External Asset: Service to Others

Help your child to be a service to others by encouraging them to give back. Encourage your child to go through their belongings and donate any clothes they may have outgrown or toys that they no longer play with. If you really want your child to see the joy their service brings to others, have your child write and decorate a letter or letters for nursing home residents.



dinnertableproject.org

