

# The Dinner Table Project



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

## 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? Conversation Starters

Cows have 32 teeth total, but they do not have top front teeth.



Who in your life makes the best food/meals?

What are the characteristics of a good friend?

Would you rather have feet for your hands or hands for your feet?



## Farmers' Market Strawberry Sorbet

- 1 pound fresh strawberries
- 1/4 cup honey

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Wash, hull, and halve the strawberries. Place them on a parchment paper-lined baking sheet and freeze until hardened. Add the frozen strawberries and honey to a blender or food processor and process until evenly mixed. Transfer to a loaf pan and freeze until firm.

Options:

- You can substitute orange juice for honey. The sorbet will be harder.
- You can substitute store-bought frozen strawberries for fresh, and skip step 2.
- You can substitute other frozen fruit for strawberries. You might need to allow frozen fruit to soften slightly before blending.

Servings: 4 Serving Size: 1/2 cup



# Make Your Own Conversation Jars!



## What You Need :

- Recycled glass jar
- Permanent markers
- Popsicle sticks

1. Color a creative pattern on the outside of a clean glass jar using permanent markers. You can be as creative as you want: make a rainbow, make stripes, or make a funny face!
2. Once you have covered your entire jar, set it to dry while you prepare your conversation starters.
3. On each of your Popsicle sticks, write simple word clues or questions to help you the next time you are stuck and don't know what to talk about (sample ideas are listed in yellow). When you have enough choices, add your Popsicle sticks to your jar and place it in the middle of your dinner table.

Let's learn about your struggles. Today, what is your... biggest worry? worst memory? scariest moment? Why?

Let's learn about your dreams. What would you do if... you had a million dollars? your friend switched schools? you lost your two front teeth? Why?

Let's learn more about everyone. What is your favorite... food? movie? song? color? game? Why?

Let's learn about your day. Today, what is your favorite... subject in school? game you played at recess? book you read? thing you did with a friend? part of the day? Why?

## May is Mental Health Awareness Month



Here are some simple ways to begin having conversations with your children about mental health:

Talk with your children about their feelings, focus on their strengths, and most importantly listen to what they have to say.

Talking with your children early, often, and continuously about their mental well-being is essential.

Normalize their feelings, no matter what they are. Forget the notion that boys don't cry and eliminate the concept of shame from your daughter's vocabulary. All emotions are valid, and your child is going to feel all of the feels, sometimes in the same day! Make sure they understand it is ok to not be ok all the time. Most importantly, remind them that you are there for them.

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

## Joke Time!



How do you count cows?  
With a cowculator!



## DTP...On The Go!

May is a great month to show your artistic side. Many communities have displays of different types of art, such as murals, statues, architectural designs, and art museums. Engaging in your own art is a great way to decrease boredom and increase creativity. Art can be expressed in different ways like building with your hands, drawing, painting, coloring, writing or singing a song, and writing poetry. Families can increase bonding by engaging in an art project together.



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