

The Dinner Table Project

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

October 2020

Conversation Starters

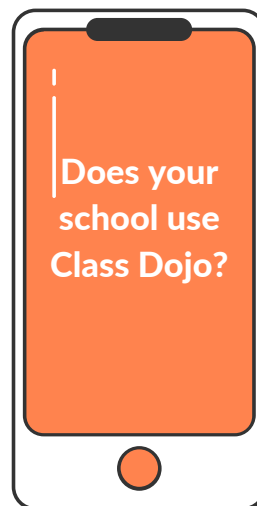
What is the funniest joke you know?

What is your favorite holiday? Why?

What is your favorite part about Halloween?

What is your least?

What is your favorite chore? What is your least favorite?



Did you know...

Class Dojo has more conversation starters for your family to use!

Questions to Ask Every Day

What are three things you are thankful for?

What is something you learned today?

Did you know, bats only turn left when leaving their caves!



Taco Soup



1 TBS Canola Oil

1 LG Onion, Chopped

2 LBS Hamburger Meat

1 Can Pinto Beans

1 Can Corn

1 Can Fire-roasted Tomatoes

1 TBS Taco Seasoning

1 1/2 Cup Water

In a large Dutch oven or pot over medium heat, heat oil. Add onion and cook onion until soft, 5 minutes, then add ground beef and cook until no longer pink.

Add beans, corn, fire-roasted tomatoes, taco seasoning, and water. Simmer and serve when hot.

<https://www.delish.com/cooking/recipe-ideas/recipes/a54971/easy-taco-soup-recipe/>

It's a Draw!

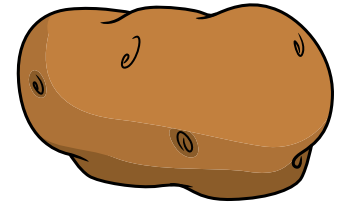
Start a drawing. The youngest person starts by drawing a shape on a piece of paper and passing it to the next player, who adds to it. Keep passing around the drawing until everyone has a turn, or for as many times as you want.

Adapted from: <https://www.whatdowedoallday.com/indoor-family-games/>



Fun Food Fact!

The first Jack-o-lanterns were carved out of potatoes and turnips in Ireland!



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 Safety

It's important that young people feel safe at home, school, and in their neighborhood.

Tip: Talk with your kids about the safe places in their home and neighborhood.



Internal Asset Personal Power

It's important that young people feel they have control over the things that happen to them.

Tip: Start sharing decision making. This could be anything from their Halloween costume to which chores they will complete this week.

Red Ribbon Week

Across the United States, kids will participate in Red Ribbon Week this month. During this week, we learn about drug, alcohol and violence prevention. Red Ribbon Week has been happening in communities as a tribute to fallen DEA agent Enrique Camerena since 1985! Be sure to ask your kids what they learned during Red Ribbon Week this year!



thedinnertableproject.org

