

The Dinner Table Project

August 2020

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

Here's a tip!

When sitting around the table, find a basket or a box for electronics to go in!

Not having your electronics can help you make better connections with those around your table!

If your family would like an official Dinner Table Project phone box, let us know!

Conversation Starters

- What are you most excited about for the new school year? The least?
- What was your favorite memory from this summer?
- How was this summer different from other summers? How was it the same?
- If you could make up your own class at school, what would it be? What kind of homework would you have?

Easy Lunch Box Deli Roll Ups



2 Whole Wheat Tortillas
2 Tbs. Cream Cheese
2 Slices of Turkey Breast
2 Slices of Your Favorite Cheese
1 Thinly Sliced Tomato (Optional)

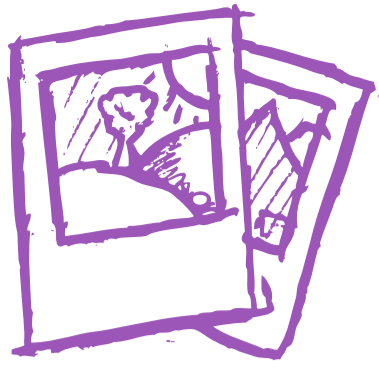
Spread 1 tbs of cream cheese on each tortilla. Lay one slice of turkey and one slice of cheese on each tortilla as well (you can add more meat and cheese to your liking). Roll the tortillas tightly and cut into 1 inch coins.

Pair these roll ups with your child's favorite fruits, chips and snack for a fun and quick packed lunch!

Recipe and nutrition facts found at:
<https://kristineskitchenblog.com/turkey-cheese-roll-ups/>



Ella, from McCracken County, is ready for school to start back!



Flashbacks

Take time and write down memories from your own time in school on strips of paper. Fold the memories and mix them together in a cup. Let the kids take turns picking a memory from the cup and guess who the memory belongs to!

Example: I fell off the monkey bars and broke my arm.

This memory might belong to mom!

Find this game and more at:
http://www.imom.com/back-to-school-games/#.Xvy_-ihKhPY

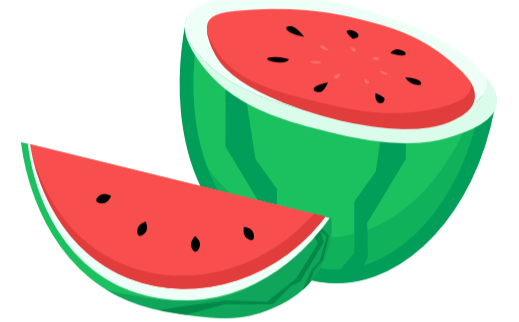
Questions to ask and answer everyday!

What are three things you are grateful for today?

What did you learn today?

Fun Food Fact!

Watermelons float, just like apples!



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

Bonding to School

It's important that your child cares about their school.

Tip: Your child can build connections by joining clubs, sports, making friends or even connecting with teachers!

External Asset

Positive Family Communication

Having good communication within your family is important for healthy attachment and child development.

Tip: Try having a regular family meeting! This can help you have good conversations about what's going on within the family.



Mask Expressions!

It can be hard for us to read facial expressions with masks on. Take some time and talk with your child about how we can use other parts of our bodies to show how we feel. Don't be afraid to practice expressing whole body feelings with your child, make a game out of it!

