

# The Dinner Table Project

July 2020

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

## Conversation Starters



What makes you feel happy? Sad? Angry?



If everyone was making fun of someone or something, what would you say? What would you do?



How did you use your imagination today?



What do you love about your friends? Your family? Your school?



Where do you see yourself in 5 years? 10? 20?



## S'more, Please!



### S'mores Pie

What you'll need: One 9-inch prepared graham cracker crust, 14 oz. milk chocolate chips, 3/4 cup heavy cream, and 15 marshmallows.

Directions: Combine the chocolate chips and cream in a large microwave-safe bowl and heat for 2 1/2 minutes. Stir until completely smooth. Pour into pie crust and loosely cover with plastic wrap. Refrigerate until set (about 4 hours or overnight).

Preheat the broiler. Use kitchen shears to cut each marshmallow in half from one corner to the opposite corner. Arrange the marshmallow halves, cut-side down, on top of the chilled pie. Broil until golden, watching closely and rotating the pan as needed (about 1 minute). Let the pie cool completely, then cover loosely with plastic wrap and return to the fridge until the chocolate filling sets again (1-2 hours).

Adapted from: <https://www.foodnetwork.com/recipes/food-network-kitchen/4-ingredient-smores-pie-3364596>

### Mix Up Your S'more!

Instead of graham crackers, use your favorite cookie!

Swap the plain chocolate bar with a peanut butter cup!

## Do You Know Me?

A fun dinner table game to start conversation and get to know each other better!

Start with the kids asking the adults questions like:

What is my favorite meal?

Who are my two best friends at school?

Who is my favorite teacher?

Then, have the adults ask the kids questions! For example:

What sports did I play when I was younger?

What was my favorite subject in school?

What did I want to be when I grew up?

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KENTUCKY REGIONAL PREVENTION CENTERS

## External Asset Caring Neighborhood

It is important that your child is surrounded by neighbors who support their growth and sense of belonging.

TIP: This summer, get to know your neighbors! Introduce yourselves as a family and offer to help them with yardwork or invite them over for dinner.

## Internal Asset Honesty

It is important that you encourage your child to recognize and to tell the truth.

TIP: Ask your child to identify situations where lying could hurt someone.

## 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](http://www.search-institute.org)!

## Questions to ask & answer everyday

What are three things you are grateful for today?

What did you learn today?



## Tips for talking to your child about masks

Talk to your child about the difference in cloth masks and other masks, like Halloween masks. They may be confused about why they can wear one and not the other at school and in public.

Normalize mask-wearing by modeling and explain that just like doctors wear masks, we are wearing masks to protect ourselves from getting sick.

Remember: the CDC warns against face coverings/masks for children and babies under 2.

FUN FOOD FACT

Apples float because they are 25% air!

Teagan from Pike County is enjoying some fresh air! What is your favorite thing to do outside? Share with us on Facebook or Instagram using #kydinnertableproject



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