

PUT FAMILY MEALTIME CHATS BACK ON YOUR MENU!



Use this place mat as a tool to make your mealtime family time!



Forced Choice

What do you call a cow who eats all your lawn grass?*

This game will force your family members to make, often hilariously, a choice between two things, no passing or remaining neutral, they must make a choice. Allow for discussion after each choice. Ask, "Which would you choose?"

- Chocolate/Vanilla
- Hot/Cold
- Travel/Stay at Home
- Easy/Tough
- Spring/Fall
- Cat/Dog
- Wet/Dry
- Shoes/Barefoot
- Work/Play
- Beach/Mountains
- Expensive/cheap
- Rain/snow

Back-to-School Questions

1. What is your favorite time of day during school?
2. What do you think will be the most interesting subject this school year?
3. What do you think will be this school year's biggest challenge?
4. How is this school year different than last school year?

**Answer: Man Overboard

? What most excites you about this new school year?

Add more fun to your family mealtimes without adding any extra calories!

? What is your biggest distraction to getting your homework done?

I Really Know You

How well do you know the members of your family? Find out during this fun mealtime activity. During your mealtime ask family members to take turns describing each other. Note: these should be positive comments only.

- Characteristics and interests to talk about:
- Favorite sport
 - Favorite subject
 - Best time together
 - What the future holds
 - Favorite vacation spot
 - Best trait (loyalty, honesty, compassion, sense of humor)
 - Hobbies
 - Favorite food
 - Favorite holiday
 - Least favorite chore
 - Favorite season

What does this mean?*

MAN
BOARD

? What is one goal you have for this school year?

*Answer: That cow is a lawn mooer.