



# Recipe for a Family Mealtime Moment

## FAMILY CONVERSATION

- When during the day do you feel the most energized?
- What sport do you wish you could play?
- What is the best movie of all time?
- Talk about your plans for tomorrow.
- When do you feel closest to your family?

## Dot Draw

What You'll Need:

- Paper for each person
- Pencil or pen for each person

- #1** Give each family member a sheet of paper and pen/pencil.
- #2** Ask them to place six dots randomly on the paper.
- #3** Collect the papers and, after shuffling, redistribute them.
- #4** Family members will then use the six dots to make a picture.
- #5** Have family members share their pictures.

## GOOD NEWS BAD NEWS

This is a game that will help your family members look on the bright side of things and have fun using their imaginations. Begin with a not-so-good situation such as, "There is a snake in the car." Someone can follow with, "The good news is it's not poisonous though." Then someone could say, "The bad news is he looks cranky." Continue the story in this fashion getting sillier as you go.



## What Do You Think About School?

"School starts next week so I thought we could go shopping for school supplies tomorrow," said Mrs. Jenkins to her daughters, Abby, age 6 and Julie, age 14.

"Yay," said Abby. "I can't wait! I want to get new pencils and crayons and a backpack." Abby had been looking forward to kindergarten all summer.

"It's fun now," said Julie. "Just wait till you get homework or a mean teacher, then it's not so fun." "But, Julie," said her mom. "I thought you liked school."

**What do you think is going on with Julie?**

