

Activity: Let's Eat!



Goals:

- To encourage deliberate planning of fun family activities and celebrations.
- To stress how important it is for families to celebrate or have gratitude for the small stuff
- To teach the skills involved in planning and carrying out a successful and healthy family celebration.



Instructions: Find something small to celebrate with your family and do it this week. Plan to do something special to mark the celebration. Remember celebrating does not have to cost any money! Include your family in decisions regarding any type of celebration, whether it is a birthday party, wedding, graduation party, or holidays. Let your children pick something as simple as what color will be used as the theme for the celebration.

During your meal, share about your day, plan for the evening or the rest of the week, find out what your children are up to using the Conversation Prompts. Many families like just having of a pile of them on the table and picking a few for discussion during their time together.



Handouts (and other materials needed):

Sharing a Meal Together
Conversation Prompts



Sharing a Meal Together

Eating meals together is GREAT for your family.

Tips for making mealtimes a big success...

Do's

- Eat together as many times as you can during the week
- Encourage everyone to join in
- Catch up with each other, talk about the day and plan for tomorrow, tell stories
- Relax together and have a good time
- Have a plan for meals and some rules about what is expected during the meal

Don'ts

- Don't let things get in the way of your mealtime – turn off the tv, put away your phones
- Don't fuss with each other - leave conflicts for solving after the meal

Talk about what you did today.

Talk about what the weather is going to be like tomorrow.

If you could be any kind of animal, what animal would you be?

Tell about something interesting you did today.

Tell some news about someone in the family.

Talk about a dream you had recently.

Give someone a compliment.

Imitate your favorite TV character.

Tell about some news you heard.

Tell about someone you just met.

List ten things that you
do not like about your
family.

If you could change one
thing about yourself,
what would it be?

Tell about your favorite
teacher.

What is your favorite
subject in school?

What is your favorite
sport?

Tell about someone you
admire.

Tell something funny
that happened to you
today.

Do you believe in God?

Tell about someone
you saw today.

How was school today?

Do you have much
homework?

Do you have special plans
for the week?

Talk about something
that is bothering you.

Talk about something
that you are happy about.

Talk about something
you are sad about.

Tell about one of
your good friends.

What is your favorite
food?

If you had three wishes,
what would you wish
for?

What would you like to
be when you grow up?

When you got up this
morning, what did you
look forward to doing?

Tell about what you did
after school today.

What sports are you
playing?

Have you heard any
good jokes lately?

What should we do
tonight?

Talk about something
you are mad about.

Talk about your favorite
TV show.

Have you seen any good
movies lately?

Have you read any good
books lately?

What are you learning
about in school?

Tell one new thing you
learned today.

Say something nice to
someone at the table.

Talk about something
that you are looking
forward to.

Tell about something
you are grateful
for today.

Name two things that
make you happy.

Talk about what you
like to do when you
have nothing to do.

What is your favorite
dinner?

Talk about something
that you haven't done,
but would like to try.

Tell a story about one of
your grandparents.

Have you helped
anyone lately?

List ten things that
you like about
your family.

Tell about something
you really worked hard
for and then got.

Talk about something
that scares you.

Tell about something
that you pray for.

Who can you talk to
when you need help?

How do you decide
what is right and
wrong?

List three things that
are most important
in your life.

Talk about something
you would never do.

Do you like making
plans
or just letting things
happen?

Name three things that
make you laugh.

Try to make the person
next to you laugh.

Tell about a dream
you had recently.

Tell about
the best present you ever
got.

Tell about the best
present you ever gave to
someone.

List ten things that
would make life easier.

Talk about something
that is worrying you.

Share a good memory
from your past.

Share a bad memory
from your past.

What do you want to be
when you grow up?

Complain about your
chores.

Talk about something
that scares you.