

The Dinner Table Project

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

May 2021

Conversation Starters

- What is your favorite flower?
- What is your favorite thing to do outside?
- What is your favorite thing about your caregivers?
- What is one freedom you are thankful for?

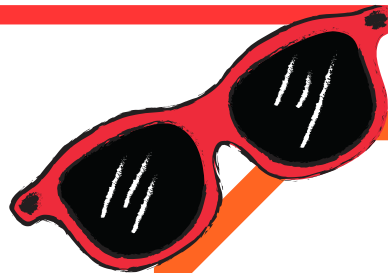


Questions to ask everyday:

- What are 3 things you are thankful for?
- What is something you learned today?
- How did you make someone smile today?

Electronics Tip

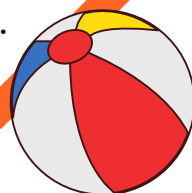
Download Apps that you can use outside! For example: find an app that will help identify flowers on a family walk or try a bird watching guide! This can be a fun way for kids to learn!



Fruit Salad

- | | |
|--------------------------------|-----------------------------|
| 1 pound red grapes | 6 ounces fresh blackberries |
| 2 cups chopped fresh pineapple | 3 kiwi |
| 1 pound fresh strawberries | zest of one lime |
| 6 ounces fresh blueberries | 1 ½ tablespoons lime juice |
| | 2 tablespoons honey |

Wash and dry the fruits well. Peel and chop the pineapple, slice the strawberries and peel and chop the kiwi. Combine all fruit in a large bowl. In a small bowl, whisk together the lime zest, lime juice and honey. Pour over the fruit and toss gently to combine. Serve immediately.



Did you know...

The Kentucky Derby is on the first Saturday of May?



KENTUCKY
REGIONAL
PREVENTION
CENTERS

The Dinner
Table Project



This game is one in which most people end up laughing quite a bit, so if you're in the mood for silliness, give it a go. Players sit in a circle. One person thinks up a sentence or phrase and whispers it to the next person. That person repeats it to the person on their other side. This continues around the circle. When it finally reaches the last person, that person says the sentence out loud.



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

External Asset

Safety

Young person feels safe at home, school, and in the neighborhood
Tip: As summer approaches, review your family safety plan. Remind your kids about talking to strangers as well.

Internal Asset

Reading for Fun

Young people read for 3-4 hours a week.
Tip: See if your family would like to start a family book club. Take turns picking the books for everyone to read!

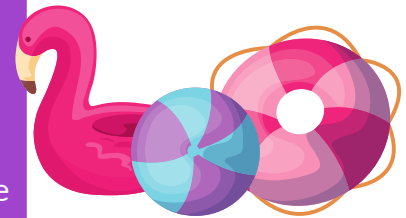


May is Mental Health Awareness Month

Take time to talk with your young people about their mental health. We know this can be scary, but letting our youth know we are there to talk can make all the difference.

Why do we celebrate Memorial Day?

Memorial Day is set aside to say thank you to the people who have fought for our freedoms.



May is National Foster Care Month

Talk with your young people about how families might look different, but all families are important.

thedinnertableproject.org

