

12 activities for family meals

Autobiography Night. Ask each child to recall an experience. Follow up with open-ended questions. (the 5 W's)

The Happy Sad Game. Have everyone share one sad and one happy thing that happened to them that day.

The Dinner Guest Game. Ask: If you could bring one person, past or present, to dinner, who would it be, and why?

The "Do You Know Me?" Game. Have the kids ask questions about themselves (What do I do at recess?), and then have them answer questions about YOU (What town did I grow up in?).

Service Suppers. Have everyone share one thing they did that day to serve someone.

An Attitude of Gratitude. Ask: What is one thing you are grateful for today?

Pain Point. Come to dinner prepared to share one sore point from your life, and allow your children to brainstorm ways to handle it.

Roots. Share a story from your family's history.

Describe Your Day. Have each child describe their day in a few sentences, without using any words that start with a certain letter.

Tough Questions: Throw out a topic (basketball, Broadway, nocturnal animals), and have kids come up with questions. Toughest question wins.

Similar Words. Give the kids two dissimilar words and have them brainstorm what's similar about them.

Human Thesaurus. Toss out a common word (*play, quietly, happy*) and ask everyone to come up with as many alternatives as possible.

letshylead.com