

# Family Mealtime Games

Make the dinner table a fun place to be. Use these game ideas to sharpen the mind and strengthen the bonds within your family.

## Ages 2-7

**ABC's of Gratitude:** Go around the table and have each family member share something they are grateful for, in alphabetical order.

**Alluring Associations:** How many words can you think of that contain the words: 'love,' 'friend,' and 'heart.'

## Ages 8-13

**20 Things I Love About:** Come up with a topic and then name 20 things you love about the person or topic. Write them down; they are fun to look back at!

**Chore Chart Craft Party:** Before or after dinner, make a chore chart with the family.

## Ages 14 and Up

**Celebrity Game:** This is a game of naming people in the public eye. The trick is: the first letter of the celebrity's last name dictates what the first letter of the next person's first name must be. For example, if the first person names "George Washington," the next person might say "Walt Disney," or another celebrity whose name begins with W. Keep going until someone gets stumped. Special challenge: if you can name someone whose first and last name starts with the same letter—here, like "Walt Whitman,"—then the direction reverses and the person who just went has to name the next celebrity. This game also works with geography—simply use the last letter of the place named as the first letter of the next place. For example, "Kentucky" could lead to "Yemen."

**Food Poetry:** Invite your kids to take a bite of food. Ask 'what does the food taste like? What is its texture? Consider its color, smell and the memories it brings up.' Write down the first words they think of.

## At the Grocery Store

Set up a scavenger hunt. Include challenges such as "find a cheese that came from a foreign country or "find an item in produce that came from the state you live in."

## Mealtime Conversation Starters

- What is your favorite silly face to make? Silly sound?
- If you joined the circus, what would your circus act be?
- Name three things that are fun for you.
- Make up three silly new traditions for our family. What are they?
- What is the funniest thing that happened to you today?
- What are you most looking forward to about a new school year?
- What animal would you most be like?
- The poet Maya Angelou once said, "If you don't like something, change it. If you can't change it, change your attitude." What do you think she meant by this? Have you ever had to do this?

## Design your own family placemat

Create your own family place mat. All it takes is a little imagination. Fill your placemat with text and images of family values, rules, goals, and whatever else you like. Add conversation starters and game ideas for the family to participate in.