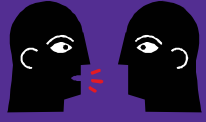


EAT • SHARE • LEARN • GROW

What makes something art?
What are your best qualities?
What helps a person be a good person?
What are your favorite kinds of books to read?
What do you enjoy most about your siblings?
What do you like best and least about your life?
Would you go to school if it were your choice?
How does a person become courageous?
Do you share any of our family's physical traits?
What's the story behind your name?
How did your parents meet and fall in love?
When are old things better than new things?
What fear would you like to overcome?
What would you like most to change in the world?

Would you rather always lose or never play?
What are the benefits of spending and saving?
Why do you think people do or say mean things?
What school subject will be the most important in life?
Which charity would you choose to volunteer your time with?
Which of your five senses would you be saddest if you lost?
Is it harder for you to eat healthy or get exercise?
If you had a problem, who could you talk to besides your parents?
What three objects would you save if your house caught on fire?
What musical instrument would be the coolest to play?
What would you like to change about your school?

Table Talk!



What's your proudest accomplishment?
What's your favorite family tradition?
What is the hardest part about going to school?
What personality trait has gotten you in the most trouble?
Have you ever stood up for something you thought was right?
What are the three words that best describe you?
What do children know more about than adults?
What is the scariest thing that has ever happened to you?
Have you ever stuck up for someone when they needed help?
What one thing would you like to know about the future?
Who is one of your heroes and why do they inspire you?

What makes someone a bully?
What makes a good teacher?
What do you worry about the most?
How are you different from everyone else?
How can adults show respect to children?
In what ways are you generous?
What does love mean to you?
What do you like best about school?
What is the hardest thing you have ever done?
What do you most admire about your parents?
What's your favorite summertime activity?
What are the qualities you look for in a friend?
How will you know when you are "grown up"?
If you had three wishes, what would they be?



Benefits of Family Dinners:

- Everyone eats healthier meals.
- Family communication increases.
- You'll be more likely to hear about a serious problem.
- School grades will be better.
- Youth will feel like you're proud of them.
- There will be less stress and tension at home.
- Youth will be more likely to stay away from alcohol, cigarettes, and illicit drugs.
- Youth will have a lower risk of depression.
- Youth will have a lower risk of teen pregnancy.

casafamilyday.org

thefamilydinnerproject.org



**Idaho Adolescent
Pregnancy Prevention**

How to use this placemat:

- 1.) Place it in the middle of your table.
- 2.) At mealtime, take turns asking and answering questions.
- 3.) Watch as conversations develop and your family grows!

Dinners and Family Relationships

“... the magic that happens at family dinners isn't the food on the table, but the conversations around it.”

(The National Center on Addiction and Substance abuse at Columbia University: The Importance of Family Dinners VI)

This Placemat is for:

- All ages, from pre-schoolers to grandparents.
- All families, no matter your family make-up.
- Using over and over, each use can produce a unique and meaningful conversation.



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Children of families who eat together report feeling happier and are more optimistic about the future than their peers who have infrequent family meals.

(Lou Harris- Reader's Digest National Poll)

Teenagers are less likely to use drugs, smoke, and drink alcoholic drinks when their families eat together regularly. When we eat dinner, we catch up with our kids. They know we care so they're less likely to give in to peer pressure!

(Columbia University)