






# The Dinner Table Project

January 2017



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

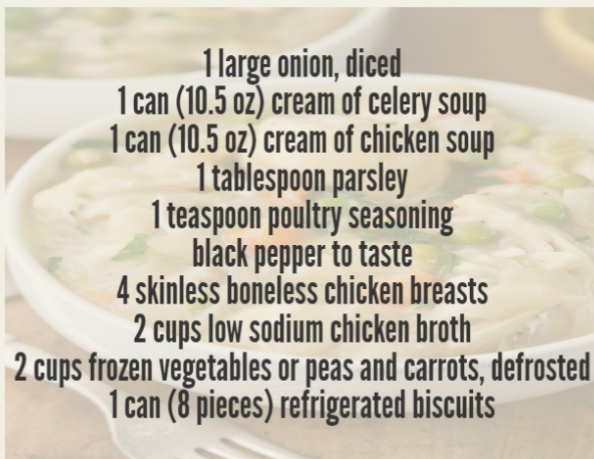
## Conversation Starters

-  Tell me something you learned about a friend today.
-  What new fact did you learn today?
-  When did you feel most proud of yourself today?
-  What rule was the hardest to follow today?
-  What is one thing you hope to learn before the school year is over?

## Table Game Alliteration

Pick a letter at random. Go around the table taking turns to say a different word beginning with that letter. Go around as many times as you can. Stop only when a word is repeated or you can't think of any more.

## Crockpot Chicken & Dumplings



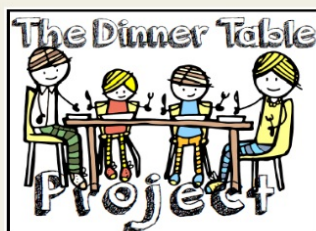
### Directions:

Add onion to crock-pot and top with chicken breasts. In a small bowl, combine cream of celery soup, cream of chicken soup, parsley, poultry seasoning and pepper. Spread over chicken breasts. Top with chicken broth and cook on high 5 hours. Approximately 1 hour (I allow 60 - 90 minutes) before serving, roll each biscuit thin and flat. Cut into 4 strips. Add vegetables and biscuit strips to the slow cooker and stir.

### To Serve:

Remove chicken breasts and slightly shred. Add back into slow cooker and stir (this will break up the dumplings somewhat which is ok). Let cook an additional 10 minutes and serve.

Original recipe can be found at: <http://www.spendwithpennies.com/crock-pot-chicken-and-dumplings/>



Questions or comments? Please contact:

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# Developmental Assets -

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets, for four age groups. These building blocks have been proven to help youth grow up healthy, caring, and responsible. Each month, we are introducing three assets and tips to help encourage your child to reach these milestones. Please go to our website at [thedinnertableproject.com](http://thedinnertableproject.com) to view the full list.

## Reading for Pleasure

Turn off the TV or electronics every night and have at least 20 minutes of 'non-school-related' reading time.

## Creative Activities

Have a paint night! After dinner one night, give every family member a blank piece of paper or canvas and watercolor or acrylic paint and let the creative juices flow!

## Time at Home

Spending time at home is just as important as activities and sports. Have a designated night each month where everyone is home, enjoying time together.

Sharing a meal together multiple times a week builds strong families. Research shows us that there are several benefits to strong families. Here are just a few:

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity

Cut off and place on your fridge as a reminder!

## New Year Resolutions

1

Our family will share a meal together at least 3 times a week in 2017.

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