

The Dinner Table Project

March 2017

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 new assets and tips. Please visit our website at thedinnertableproject.com to view the full list.

Child Programs

It is important that a child participates weekly in at least one sport, club, or organization within the school or community.

TIP:

Upward sports, Girl or Boy Scouts, 4-H clubs - there's plenty of things happening in your community to get your child involved!

Creative Activities

Encourage your child to participate weekly in music, dance, or other forms of artistic expression outside of school.

TIP:

Have a weekly art project every Saturday! A drawing contest, finger painting, anything to get those creative minds working!

Reading for Pleasure

Child listens to and/or reads books outside of school daily.

TIP:

Find a book series everyone can enjoy! (Example: Diary of a Wimpy Kid) Have a set time each night to read out loud for 20-30 minutes.



Questions or comments? Please contact:

Ellen Walsh - ewalsh@4rbh.org - (270) 442-8039 ext. 703 or

Samantha Powell - spowell@4rbh.org - (270) 442-8039 ext. 701

thedinnertableproject.com

Conversation Starters

What do you need in life to be a truly happy person?

What's the best thing you've learned from your family?

What stresses you out the most? How do you deal with it?

What's one thing that you will want to be sure to do if you ever become a parent?

Taco Lasagna

What you'll need:

- 12 oven-ready lasagna noodles
- 1 lb. lean ground beef
- 1 (1-oz.) package taco seasoning
- 1 egg
- 1 (15-oz.) carton ricotta cheese
- 4 cups (1 lb.) shredded cheddar cheese
- 1 (24-oz.) jar chunky salsa

Optional toppings: sour cream, green onions, diced tomatoes

Directions:

-Preheat oven to 350 degrees.

-In a large skillet, brown beef until no longer pink. Drain meat and add the taco seasoning. Stir until combined and set aside.

-In a small bowl, add the egg and ricotta and stir until combined.

-In a 9x13 baking dish, start by layering 4 lasagna noodles on the bottom of the pan. Next, layer $\frac{1}{3}$ of the ricotta, $\frac{1}{3}$ of the beef mixture, $\frac{1}{3}$ of the salsa, and $\frac{1}{3}$ of the cheese. Repeat the layers 2 more times.

-Bake covered for 30-40 minutes or until the casserole has heated through and is bubbly. Let casserole stand 10 minutes before cutting. Top with sour cream, sliced green onions, and diced tomatoes if desired.



Read more at <http://www.the-girl-who-ate-everything.com/2014/04/taco-lasagna.html#AUF7i4ZpsXaRLlGV.99>

Dinner Table Game

The Secret Message

Write a different sentence on pieces of paper and then slip under each person's plate before dinner. Try for phrases that sound odd in conversations, such as "I want a pony" or "I have a fear of clouds." When everyone sits down, ask them to read their phrase silently to themselves.

They must then each incorporate their phrase into the conversation at some point during the dinner. If the person they are talking to calls them out on it, the phrase-maker is out of the game. The person who uses their phrase first without being discovered wins.

