

Whole-Life Stewardship
STEWARDSHIP OF FAMILY
FAMILY DINNER ACTIVITY

- **Family Dinner Activity:** (actual dinner, discuss & role play – what should family dinner look like?)
 - use place settings with importance of family dinner info (student handout)
 - put all tables together to form ONE table

– **Conversation:** create cards with conversation starters

(<http://www.sixsistersstuff.com/2013/03/50-family-dinner-conversation-starters.html>)

- ** share story or funny (clean) joke
- ** tell something interesting that happened today
- ** parents: tell stories from your childhood or how you met each other
- ** parents: tell stories about grandparents
- ** Did anyone read something interesting in the news today?
- ** What is your earliest memory?
- ** What two items would you grab if your house was on fire?
- ** What is something you want to learn how to do and why?
- ** Who knows what their name means?
- ** What are you looking forward to this week?
- ** What was your favorite class this week? Why?
- ** If you could eat just one food everyday for a month and nothing else, what would it be?
- ** What is one way you helped another person today?
- ** If you could see your future, where will you be in ten years?
- ** What is your favorite book and why?
- ** Who is one person in your life you are most thankful for and why?
- ** What is one thing you could have done better today?

- **do's and don'ts of family dinner**

- ** no screen time (TV, phones, computers, tablets, etc.)
- ** not the time for criticism or chores reminders
- ** no "cold shoulder" or hurtful remarks
- ** do thank the cook
- ** do help set the table and clear off the table
- ** encourage everyone to talk (no one should do all the talking)
- ** avoid any topics that will start an argument or make someone feel bad

- **discuss table manners**

- ** say please and thank you
- ** no elbows, feet, legs, etc. on table
- ** sit correctly

- ** chew with mouth closed
- ** don't make inappropriate noises
- ** don't reach across someone; ask them to pass it to you
- ** pass several dishes of food correctly (counterclockwise); if someone to your left has something you need, it doesn't need to go all the way around the table

● **Role Play Actual Meal**

- practice actual family dinner
 - assign a "mom" and a "dad"
 - "mom" assigns setting of the table to one or more youths
 - use table place mat (dinner handout)
 - wash hands
 - youth sit at table (correctly – use manners)
 - hats off
 - electronics put away
 - "dad" choose one youth to pray
 - begin passing food in correct direction (counterclockwise)
 - have "mom" and "dad" watch for incorrect table manners
 - place a can with conversation starters (written on slips of paper) on table
 - encourage all to participate in dinner conversation
 - begin eating when everyone has their food
 - remind youth to thank the cook(s)
 - "mom" assign cleanup chores

