

The Dinner Table Project

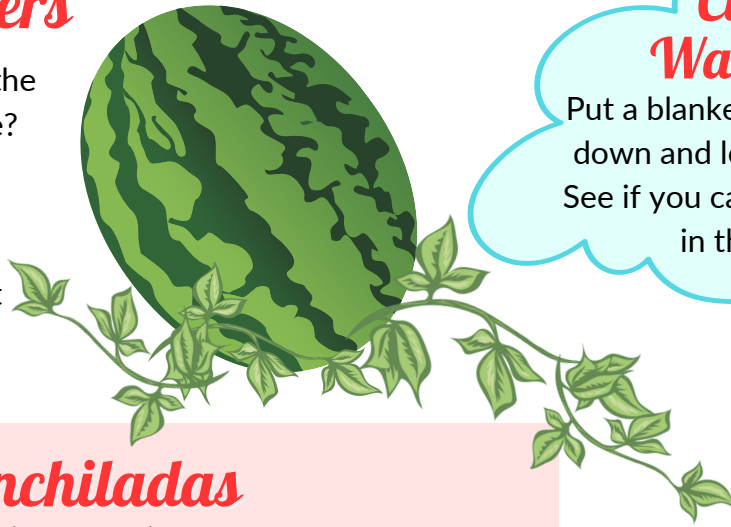
A program to encourage families to eat together, have fun, and grow closer through conversation.

Conversation Starters

If you could only eat one dish for the rest of your life, what would it be?

- Name a time in which you demonstrated generosity.

What is the coolest sound effect you can make?



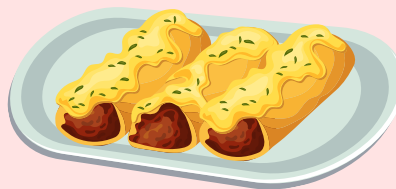
Cloud Watching

Put a blanket in your yard, lay down and look up in the sky. See if you can find any shapes in the clouds!



Bean Enchiladas

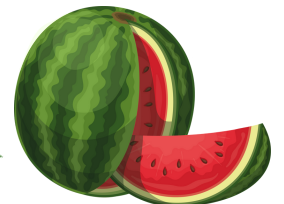
- 3 ½ cups cooked pinto beans or 2 (15 ounce) low sodium cans, drained
- 1 tablespoon chili powder
- 8 6-inch flour tortillas
- ½ cup shredded cheese
- Salsa (optional)
- Cooking spray



Place beans in a large bowl and mash coarsely with a fork or potato masher. Stir in chili powder. Wrap tortillas in a damp paper towel and microwave on high for 45 seconds, or until tortillas are soft and warm. Split bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture. Roll tortillas to enclose mixture. Spray a 9-inch x13-inch baking dish with non-stick cooking spray. Place enchiladas, seam side down, into baking dish. Cover with foil and bake at 350°F for 20 minutes or until heated through.

Serve warm with salsa.

Servings: 4 - Serving Size: 2 6-inch enchiladas



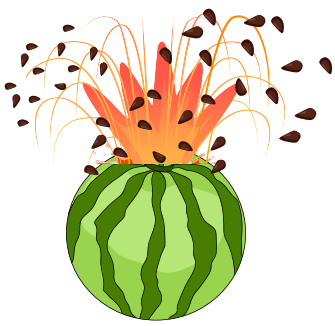
Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?





Exploding Watermelon Volcano!

You Will Need:
Small watermelon
Baking soda
Vinegar
Dish soap
Food coloring {optional}

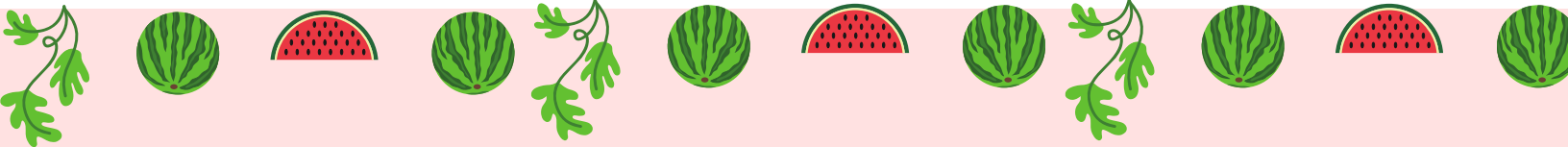
STEP 1: Cut a small hole in the top of the watermelon. Make the opening just big enough to scoop out the fruit but as small as possible to allow for the most exciting eruption. Hollow out the watermelon with a melon baller tool or spoon and save the fruit for a snack after you complete your experiment.

STEP 2: Pour 1/2 cup of baking soda into the watermelon.

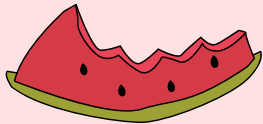
STEP 3: Add a couple squirts of dish soap.

STEP 4: Squeeze in food coloring if desired.

STEP 5: Pour vinegar straight into the watermelon and get ready to watch your watermelon erupt!



Developmental Assets



The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to two assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to: www.search-institute.org

External Asset - Creative Activities

Make sure your child is using their time constructively. Encourage your child to get involved with a creative activity such as entering a school or community-based contest for writing or art. If your child is into drama, have your child put on a play for the family. If your child loves music, have everyone in the family find a household object to use as a musical instrument and create a song as a family.

Internal Asset - Caring

Help your child to be a caring person by encouraging them to help others. Always look for ways for your child to be helpful, such as having them hold the door for the person behind them. At home, allow your child to help you with preparing dinner, folding laundry, or with reading a bedtime story to their siblings. In order to teach your child to become a caring person they must be shown an example of a caring person. Don't forget to set an example for your child by paying for someone else's meal in the drive thru or even asking the cashier at the grocery store how their day is going.



DTP...On The Go!

September is a great time for families to be outdoors.

According to healthline.com, spending time outdoors helps improve breathing, sleep, focus, motivation emotional well-being, etc. Some great bonding activities that families can engage in while outside include taking a nature hike, riding bicycles, going to the park, family games, and having a cookout. Across the state of Kentucky, there are a variety of state parks and historical sites that are free for families to visit and enjoy.



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