



Take the  
**STRIVE FOR FIVE  
CHALLENGE!**



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[www.MakeMealtimeFamilyTime.com](http://www.MakeMealtimeFamilyTime.com)

# MAKE MEALTIME FAMILY TIME CALENDAR

## MEAL #1

### Mealtime Activity

Using a pencil or pen, tap the beat of a song while your family tries to guess the song's name. Each family member should get the chance to tap a tune. If there are two of you, take turns tapping tunes.

### Conversation Starters

- Who do you wish you could sing like?
- Our family sticks together because ...
- If I were to write a newspaper story about smoking cigarettes, I would write ...

## MEAL #2

### Mealtime Activity

Give each family member a penny. Say, "We are going to lean our heads back and place the penny on our noses. Try and get the penny off your nose without moving your head. You can wiggle your nose until you get a cramp, but you can't move your head to get the penny off." The first person to get the penny off his or her nose wins.

### Conversation Starters

- What is your favorite candy bar?
- What do you like to do most on Saturday mornings with your family?
- What is a good way to handle a bully without getting hurt?

## MEAL #3

### Mealtime Activity

Pull out three board or card games that your family has enjoyed playing together in the past or has never played but would like to try. Place the three games on your kitchen table. Blindfold a family member who is sitting in front of the three games. Move the games into different positions. Ask your blindfolded family member to point to a game. Everyone must agree ahead of time to play whatever game is selected. Now play the selected game.

### Conversation Starters

- What was the best thing you ever saw during Show-and-Tell at school?
- I listen best when ...
- How can someone have fun at a party without alcohol or drugs?

## MEAL #4

### Mealtime Activity

Create a story by completing the following sentence, "There once was..." Ask one family member to begin the story and at any time stop. At that point, another family member will pick up the story from that point and continue. Keep adding to the story until all family members have had a turn and then continue on as you wish.

### Conversation Starters

- What is your favorite flavor of ice cream?
- Kids: *What one thing would you like grown-ups to know about kids and stress?*
- What do you think kids need to be warned about?

## MEAL #5

### Mealtime Activity

Ask each family member to write down on a slip of paper the name of a fictional character or famous person (living or dead). This person should be one with whom your whole family is familiar. Gather the papers and shuffle them, then, using a small piece of tape, stick one slip of paper onto each family member's forehead with the name face up. Treat each member of your family as if they were the person whose name is written on their forehead. Continue for several minutes and then ask each one to guess their identity.

### Conversation Starters

- Which are scarier -- snakes or spiders?
- How do people know when you are happy?
- How can you have fun without taking risks?

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