



Resource Bundle: Dinner Games for Families and Community Partners



Story Stones

Find several small, smooth stones and have the kids paint a little animal, plant, person, or other object on each one (nail polish and paint pens both do the trick, and little paper cards work as well as stones). Then, place the stones in a basket and keep them near the table.

To play, pass the basket around and as each person draws a stone, the challenge is to add a few sentences featuring that animal, plant, person or object to the story. The story ends when all the stones have been drawn.



Write down your story here



Food Collage

Let your kids play with their food! Take the elements of a salad such as sliced red pepper, cucum-bers, avocado, carrot sticks, lettuce leaves, cherry tomatoes, bean sprouts, and nuts and have each person make a face out of these elements on a plate.

A tomato placed on top of a cucumber slice makes a compelling eyeball, and an avocado slice curves to make an elegant eyebrow. Lettuce and bean sprouts lend themselves nicely to hair and beards. Once you've had enough with faces, you can move onto making animals, cars, boats, planes and houses!



Food Collage – What Did You Create with Your Food?



DINNER GAMES



DINNER GAMES

In a minute, how many things can you think of that grow?

For a bigger challenge, make the categories more specific, like “name five things that grow in our kitchen” or “name as many types of trees as you can in a minute!”



DINNER GAMES

“I’m going on a picnic and I’m bringing...”

The first person to go completes the sentence with a word that starts with “A.”

The next person repeats what the first person said and adds a word that starts with “B.”

Continue through the alphabet until you can’t think of any more things to bring on your picnic!





DINNER GAMES



DINNER GAMES USE YOUR SENSES

Try this sense-ational game!

Close your eyes, and ask your family,
“What do you hear? What do you smell?”

For some guaranteed giggles, encourage
your family to imitate the sounds they
hear.



DINNER GAMES

Have one person leave the table for a minute. Once she leaves, the rest of the family decides on an emotion. When the missing family member returns to the table, the rest of the family eats and acts with that feeling in mind. For example, if the emotion is “worry,” someone might say “I have so much homework tonight I’m never going to get to sleep.”

You can make it a bit more challenging for older kids by allowing only body language and facial expression to convey emotion, or even just facial expression alone.





DINNER GAMES



DINNER GAMES DRAWING MUSIC

- Give each person a piece of paper and some colored pencils or crayons.
- Play a piece of music — preferably one that everyone enjoys!
- Invite each person to draw along with the music, without lifting the crayon or pencil from the paper. The goal is to watch your own hands flow along with the music.
- When the music ends, stop drawing and share your creations. Notice how they're similar and how they're different!



DINNER GAMES Two Truths and a Tall Tale

Ask everyone at the table to say three things about themselves: Two true things, and one thing that's made up.

The rest of the table will guess which is the tall tale!

Sometimes this game is easier if everyone gets a chance to write down their three things before sharing.





DINNER GAMES



DINNER GAMES

5,4,3,2,1 ACTIVITY

Each family member takes turns naming:

- 5 things they can see
- 4 things they can touch
- 3 things they can hear
- 2 things they can smell
- 1 thing they can taste OR 1 thing they'd like to eat right now

For an extra boost of calm, try encouraging family members to take one slow, deep breath before sharing; speaking in a whisper; or sitting as still as possible while they share.



DINNER GAMES

20 QUESTIONS: FAMILY MEMORY

One person thinks of a family memory. Then everyone has to ask questions to try to figure it out: Did it happen during a holiday? A meal? Was it a funny memory? Were there any friends involved? And so on, until you either guess the memory, or reach a total of 20 questions. This game also helps preserve memorable experiences by remembering and talking about them together!





Grocery Store Scavenger Hunt

TEEN EDITION



- ☐ Three ingredients for your favorite meal:
- ☐ A protein source for under \$2/serving:
- ☐ A sale item you can use to make a meal:
- ☐ Something you know how to cook:
- ☐ Something you want to learn to cook:
- ☐ Five items you could use in two or more meals:
- ☐ Cost for a gallon of milk:
- ☐ Cost for a dozen eggs:
- ☐ The cheapest vegetable in the produce aisle:
- ☐ Cost of your favorite snack food:
- ☐ Four pantry items you need to keep on hand for cooking:
- ☐ Three things you can buy to make breakfasts:
- ☐ One frozen or shelf-stable meal choice you can keep on hand:

Bonus! List the ingredients and prices for a full dinner you could cook for yourself, costing less than \$10:



110 “Would You Rather?” Questions



Would you rather have X-ray vision or supersonic hearing?

Would you rather laugh at inappropriate moments, or cry when things are funny?

Would you rather be the funniest person in the room, or the smartest person in the room?

Would you rather be able to run like a cheetah or climb like a lemur?

Would you rather be shipwrecked on a desert island, or stranded on a space station?

Would you rather 24 hours of daylight, or 24 hours of darkness?

Would you rather get everywhere by swinging from the ceiling like a monkey, or slithering on the ground like a snake?

Would you rather never have to wait in line again, or never have another cold?

Would you rather wear your shirt inside out or your pants backwards?

Would you rather be rich working a job you hate, or poor working a job you love?

Would you rather have tickets to the Super Bowl, or get to play in the Super Bowl?

Would you rather live inside a video game, or live inside a sci-fi movie?

Would you rather go on your dream vacation solo, or go on a less exciting trip with your friends?

Would you rather forget how to read, or forget how to speak?

Would you rather be hailed as a hero for one good deed, or make a small, unknown difference to one person every day of your life?

Would you rather go a month without electronics, or a month without bathing?

Would you rather succeed at everything you try for one year, or learn a new skill every year for the rest of your life?

Would you rather be an unknown superhero, or a well-known villain?

Would you rather have someone spread rumors about you, or always look terrible in your selfies?

Would you rather get paid double for your work for a year, or get paid your normal salary for a year off?

Would you rather speak everything in rhyming verse, or have to sing everything like an opera singer?

Would you rather have an extra finger, or an extra toe?

Would you rather be able to meet one of your ancestors, or be able to meet one of your future descendants?

Would you rather be able to travel anywhere you want for free, or have a million dollars to spend as you choose?

Would you rather be responsible for world peace, or for solving world hunger?

Would you rather live in a treehouse or a cave?

Would you rather live in a zoo like an animal on exhibit, or have to spend a year in total isolation?

Would you rather be the best at something no one cares about, or be average at something really important?

Would you rather oversleep every day for a week, or not be able to sleep at all for a week?

Would you rather have to watch others eat while you're hungry, or have a group of hungry people watch you eat?

Would you rather bite your tongue every time you eat, or get a paper cut every time you turn a page?

Would you rather have 10 friends that change every day, or one friend you keep forever?

Would you rather be able to call for a "do-over" once a day, or be able to delete bad memories?

Would you rather spend the night in a haunted house, or spend a week on "Survivor?"

Would you rather be able to predict the future, or be able to re-live your favorite day from the past?

Would you rather always have bad breath, or always be able to smell bad breath on everyone else?

Would you rather have a personal maid or a personal chef?

Would you rather be the tallest person in the world, or the shortest?

Would you rather be extremely hot, or extremely cold?

Would you rather swim in a pool of syrup or a pool of mayonnaise?

Would you rather be able to read minds, or be able to move objects by thinking about it?

Would you rather put ketchup on every food you eat, or have to put everything through a blender and drink it with a straw?

Would you rather go on a date dressed as your grandpa, or have to hop on one foot all night?

Would you rather go the rest of your life with no social media, or only be able to cook using a campfire?

Would you rather stay this age for the rest of your life, or live forever but always look 100 years old?

Would you rather be able to echolocate, like a bat, or hibernate, like a bear?

Would you rather it snowed inside, or have leaves continuously fall on your bed?

Would you rather fall in love, or win the lottery?

Would you rather be forced to sing along or dance along to every song you hear?

Would you rather climb mountains, or learn to scuba dive?

Would you rather be handcuffed to your sibling for a whole day, or have to introduce yourself every time you speak?

Would you rather dance on a cafeteria table in front of everyone, or deliver a televised speech in Pig Latin?

Would you rather be a grown-up at the kids' table, or a kid at the grown-ups' table?

Would you rather wear an ugly sweater in every photo, or always have a poppy seed stuck in your teeth?

Would you rather eat pumpkin pizza, or pepperoni pie?

Would you rather get a gift you don't like, or give a gift someone else doesn't like?

Would you rather eat dinner for breakfast, or breakfast for dinner?

Would you rather turn different colors according to your mood, or always have to speak in questions?

Would you rather be the principal of your school, or the governor of your state?

Would you rather have a unicorn's horn, or a squirrel's tail?

Would you rather always have to enter the room backwards, or have to somersault out?

Would you rather be covered in feathers or fur?

Would you rather watch a parade, or perform in one?

Would you rather go out in public in your pajamas, or sleep on a bed of aluminum foil?

Would you rather take a road trip, or have a luxury spa weekend?

Would you rather raise chickens for eggs, or sheep for wool?

Would you rather bark when you sing, or turn green when you fart?

Would you rather be able to tell when people are lying, or ace every test without having to study?

Would you rather always have the same song stuck in your head, or always have the same dream at night?

Would you rather be totally covered in hair from head to toe, or be entirely bald everywhere?

Would you rather lose your memory at the end of each day, or relive your most embarrassing moment every day?

Would you rather spend 10 years on a houseboat, or 10 years in an RV?

Would you rather have to eat a bowl full of crickets, or a bowl full of worms?

Would you rather go to the beach in the summer, or go skiing in the winter?

Would you rather live without a phone or a television?

Would you rather have to watch the same movie every day, or read only one book for the rest of your life?

Would you rather shoot spaghetti from your fingers, or sneeze meatballs?

Would you rather have a head twice as big, or half as small?

Would you rather have feet for hands, or hands for feet?

Would you rather live in space, or under the sea?

Would you rather be fabulously famous, with a stressful life; or unknown, with a peaceful life?

Would you rather meet the President, or your favorite movie star?

Would you rather live in the city, or live in the country?

Would you rather walk the Great Wall of China, or sail the Amazon River?

Would you rather live in the future, or live in the past?

Would you rather be able to speak every language, or play every instrument?

Would you rather own your own boat, or own your own plane?

Would you rather sweat melted cheese, or always smell skunk?

Would you rather get locked inside your school for a night, or have to sleep in the bathtub?

Would you rather only be able to eat with your hands, or get rained on every time you go outside?

Would you rather spend a year eating only pizza, or only ice cream?

Would you rather wear the same socks every day for a year (no washing!), or have perpetual hiccups?

Would you rather wake up speaking a language no one understands, or only see in black and white for a day?

Would you rather be able to fly like a bird or swim like a dolphin?

Would you rather miss a game-winning shot in front of everyone, or be benched when your team wins the tournament?

Would you rather sit next to someone eating onions on an airplane, or have to watch someone clean their toenails?

Would you rather be able to talk to animals, or be an animal?

Would you rather go a whole day without seeing, or a whole day without hearing?

Would you rather shave your head, or have to spend a whole day with spinach between your teeth?

Would you rather have a whole day of English class only, or a whole day of Math class only?

Would you rather have indoor recess, or go home one hour early?

Would you rather know what's going to happen this school year before it takes place, or be able to skip one test of your choosing without any penalty?

Would you rather sit with a new person every day at lunch, or become close friends with just one person you've never talked to before?

Would you rather spend a whole day with the person you like least, or eat your least favorite food for a week?

Would you rather sleepwalk down a busy street, or drive on the narrowest road in the world?

Would you rather wear shoes that are two sizes too small, or go to school in a chicken costume?

Would you rather go to a school that was taught entirely in a language you don't speak, or have to walk backwards all day long?

Would you rather ride to school on a bus that smelled like skunk, or run the whole way there in bare feet?

Would you rather have to take a pop quiz in your least favorite subject, or give a presentation to the whole school?

Would you rather be assigned to a group project with your least favorite classmate, or have everyone watching you during gym class?