

senses

feel

taste

look

hear

smell



DINNER GAMES

Use Your Senses

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

Guess That Emotion

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

Things That Grow

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

Going On a Picnic

“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

Cat and Cow

One person at the table is the “leader.”

The leader says either “Cat” or “Cow.” When the leader says “Cat,” the others meow. When the leader says “Cow,” the others moo.

Keep saying “Cat” and “Cow,” faster and faster, switching back and forth and making the pattern more and more random until somebody “moos” when they should have “meowed” or “meows” when they should have “mooed!”



DINNER GAMES

Food Coloring Painting

Assemble two eyedroppers, several small dishes filled with water and different food colorings, and a pile of paper towels.

Fold the paper towels into squares, or keep folding them into a tight pile, and apply drops of different colors.

When the towels are unfolded, get ready for colorful patterns that will surprise and delight your little culinary artists! You can hang them up to dry on a clotheslines strung around the kitchen.





DINNER GAMES

FOOD COLLAGE

Research shows that when kids play with their food they may be more apt to eat it. Let your kids play with their food!

Take the elements of a salad such as sliced red pepper, cucumbers, avocado, carrot sticks, lettuce leaves, cherry tomatoes, bean sprouts, and nuts and have each person make a face, a car, a plane, houses, or animals, out of these elements on a plate.

The only rule is that whatever you pick, you need to eat or at least take a bite.





DINNER GAMES

Story Stones

Find several small, smooth stones and have kids paint a little animal, person, plant, or object on each. Then place the stones in a basket 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 stone's image to the story. The story ends when all the stones have been drawn and every picture is included in the tale.

