



### 20 Things I Love about \_\_\_

Come up with a topic together – or put some ideas in jar and pull out one randomly. Examples could be a season or a person or place. Then go around the table and have everyone name something silly or serious they love about that season until you have twenty items. Make sure to write everything down so you can have fun looking at it a month, a year, or 20 years from now!



	20 Thing	s I Love about	
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•			• • • • • • • • • • • • •
	1	11	
	2	12	
	3	13	
	4.	14	
	5	15	
	6	16	
	7	17	
	8	18	
	9	19	
	10	20	





## Message in a Bottle

Encourage an imaginative act of kindness by making "Messages in a Bottle." Collect empty bottles (wash well!) and have family members write kind notes to friends and neighbors. Stuff the bottles and leave them anonymously on doorsteps or in mailboxes with a note that says "Messages from a friend to brighten your day! Fill this bottle for another, then give it away!"








#### Illustration

You'll need a pencil and paper for this game. One person should volunteer to go first. At the top of the paper, have person number 1 write down one nice thing a person can do for someone else (example:

"I can make cookies for my neighbor"). Don't let anyone else see the phrase.

Person number 1 then passes the paper to their right. Person number 2 will read the phrase then fold the paper over so no one else can read what is written. Person number 2 then gets 1 minute to draw a picture that depicts the phrase.

Person number 2 then passes the paper to their right. Person number 3 looks at the picture and writes down what they believe the original phrase was. This pattern of writing and drawing continues until the paper goes all the way around the table and ends up back in front of person number 1.

#### AN EXAMPLE WITH FIVE PEOPLE

Person #1

Write down an act of kindness:

I can donate food to a food pantry.

fold

Person #2

See what Person #1 wrote? Make it into a drawing:



Person #3

See what Person #2 drew? Write what you think their drawing means:

I can help Mom with cooking

Person #4

See what Person #3 wrote? Make it into a drawing:



Person #5

See what Person #4 drew? Write what you think their drawing means:

I CAN SERVE AT A SOUP KITCHEN.





# Gratefulness Grab Bag

Give everyone two slips of paper, and have them write down two things that they're thankful for (these can be silly or serious!). Place the slips in a bowl, pass it around the table, and have different people read the slips out-loud.



l'm thankful for	l'm thankful for
I'm thankful for	I'm thankful for
I'm thankful for	l'm thankful for
I'm thankful for	I'm thankful for ————————————————————————————————————
•	• •





# Iron Chef, Family Edition

One family member selects two or three ingredients, and someone else devises a menu around them. Sample ingredients: pasta, a vegetable and an herb.

Or, for a more challenging version: Choose a single ingredient and devise a menu that uses this ingredient in 3 recipes (as an appetizer, main dish, salad, dessert, etc.). Some suggestions: a fruit (apples, berries), a spice (cinnamon, pepper), something that adds flavor with-out dominating (lemon, shallot).








#### Write a Love Haiku

This is a perfect activity for Valentine's Day—or any day, really. Invite your family to express their feelings for each other in a haiku. A haiku is a specific type of poem that contains three lines and seventeen syllables. There are five syllables in the first line, seven in the second, and five in the third. They're fun to write and can be as creative as you can dream up.

Here's an example, family dinner style:

I love you because you make my favorite dinner and you make it fun



VVIILE a LOVE Halku- VVIILE	e Your Thoughts Down Here:	





#### The Craziest Gift

Have each family member think of the craziest gift they've ever received, along with two other crazy things. Then, go around the table and have everyone say their three things. The family gets to guess which of the three items was the real gift!



Craziest Gifts	Craziest Gifts
l	
2	2
3	3
Craziest Gifts	Craziest Gifts
Craziest Gifts	Craziest Gifts
1	1
2	
	3





# Who's Coming to Dinner?

Everyone at the table gets to pick a person they would invite to dinner and explain why. The dinner guest can be anyone from any period in time, famous or not. What would you make for this person? What games might you play? A variation: jot down all of the choices and imagine these folks all at your table at the same time. What would they have in common? How would they get along? Finally, if you're feeling up to it, actually invite someone to dinner (like Sarah Smiley and her family did in *Dinner with the Smileys*)!







### **Food Poetry**

- 1. Invite your kids to take a bite of food. They can even close their eyes and savor it.
- 2. Ask 'what does the food taste like? What is its texture? Consider its color, smell, and the memories it brings up.'
- 3. Have your kids say or write down the first words they think of.
- 4. Voila! They just wrote a poem!



Food Poetry- Wr	ite Your Thoughts D	lown Here:	





### **Food Collage**

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 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!



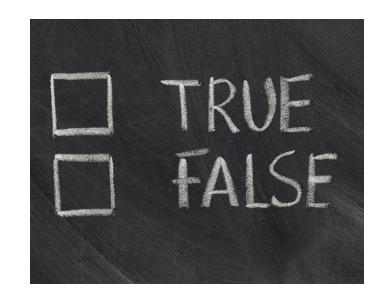
Food Collage - Wha	at Did You Create W	ith Your Food?	





# Two Truths & 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.



Two Truths & A Tall Tale	Two Truths & A Tall Tale
1	1
2	2
3	
Two Truths & A Tall Tale	Two Truths & A Tall Tale
1	_ 1
2	•