DINNER GAMES
WHICH ONE?

Whoever is asking the questions thinks of two people (e.g. Nana and Grammy; mom and dad) and asks the rest of the table questions to which only one of the two people is the right answer. (Which one got married when she was 19? Which one met her husband in California? Which one has 7 brothers and sisters?)

Playing this game is a great opportunity to teach your children a little about their family history, something research has found to positively influence children's mental health.