Draw Something!
Draw a scene from your favorite season.

Let's Talk!
Share a time when you were rewarded for something. How did it make you feel?

How do you know if a chef is a clown? The food tastes funny!

Tell a Yolk!

Top five places I would like to visit:

Name 3 veggies or fruits of each color:
- RED
- ORANGE
- YELLOW
- GREEN

Plate It Forward! Pass this set of place mats to another family so they may eat and play together, too!
Don't forget to let us know about it! Leave a comment at Plate It Forward on Facebook and Twitter!
Draw Something!
What does your favorite food/meal look like?

Tell a Yolk!
What did the grape say when it got stepped on?
Nothing. It just let out a little wine.

Dinner Crossword
Fill in the blanks with food words. Ask your family for help.

Let’s Talk!
What subject in school do you like best?
What do you like about it?

Come up with six fun things you do, or would like to do, as a family:

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Draw Something!
Your family just got back from visiting the planet Saturn. Draw the creatures you met there.

Tell a Yolk!
A man ordered a pizza. The waiter asked, "Shall I cut it into six pieces or twelve?" The man answered, "Six please, I couldn't possibly eat twelve."

Share something that made you happy today :)

Puzzle Section
Choose someone's name at the table. How many words can you make from it?

Let's Talk!
Tell everyone about something kind you did recently for someone.

It's Your Turn!
Tell your own joke:

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Draw Something!
What do the characters in your favorite book/movie look like?

Let's Talk!
What are you looking forward to tomorrow?

Plate It Forward!
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Make a List
List random acts of kindness you could do together as a family.

Tic-Tac-Toe
Name one thing you have IN COMMON with the person on your right...

Tell a Yolk!
A family of tomatoes was walking down the street but after a while the little boy tomato started to lag behind. The father tomato turned around and called "Ketchup!"
**Draw Something!**
Turn these into fruit and veggie people!

![Drawings of a pear, an apple, and a carrot]

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**Let’s Talk!**
Who is the best cook at the table?
What is the best thing they cook?

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**Question of the Day**
Who is someone that makes you laugh?

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**Tell a Yolk!**
What did the green grape say to the purple grape?
Breathe, dude, breathe!

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**Make an AWESOME acrostic poem with each letter of your name!**

A ______
W ______
E ______
S ______
O ______
M ______
E ______

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**Plate it Forward!**
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**Say something REALLY NICE to the person on your right...**
**Draw Something!**
If you were going on a trip and could only take one thing with you, what would it be? Draw it here.

**Tell a Yolk!**
What do you call two bananas sitting on the floor?
A pair of slippers

**Family Meal Mad-Lib**
Ask your family members to provide a word for each blank. Then read the story aloud!

One day _____________ friends came to our house for dinner. We cooked a big pot of ______________. It tasted _________________. One friend asked for ________________ helpings. After dinner, we all went _______________ing to ________________, where we enjoyed ________________-ing until _________________.

**Question of the Day**
What job would you like to have when you’re grown up? What kind of training will you need?

**LET'S TALK!**
What did you do to help someone today?

**Plate It Forward!**
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IDEAS TO MAKE THE MOST OF FAMILY MEALTIME

Include everyone in the conversation.

Make the dinner table a tech-free zone—no phones, TV or computer.

Bring your positive attitude to the table.

Stick around for clean-up. Everyone pitches in!

For more conversation starters and tips on how to increase positive family communication, visit www.glcyd.org/youthconnections

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