

# TALK. THEY HEAR YOU. FAMILY DINNER CHALLENGE

YOUR NAME:

**START**

For each day this month that you share a meal or activity together, initial the box for that day!



**FEBRUARY**

Each day you eat a meal together is a new entry into the prize drawing.

FEBRUARY 1

2

3

4

9 10

8 11

7 12

6 13

5

17 18

16 19

15 20

14

26 27

25 28

24 23

21 22

**FINISH**

Add up all of the dates you initialed for eating together. Your total is your total amount of entries.

**SUBMIT YOUR ENTRIES VIA THE QR CODE**

**BY MARCH 3**



PRIZE

**FAMILY OUTING GIFT BASKET- 1 WINNER PER SCHOOL**

Eating together as a family is more than just a meal, it's an opportunity for families to come together and strengthen their bonds. Dinner time is the perfect time to spark a conversation and talk about your expectations about drugs and alcohol. Take the time to talk to your child.

*Tips for Talking and Conversation starter ideas on the back!*

**START SMALL. ONE QUESTION. ONE MEAL. ONE CONNECTION AT A TIME.**

# TIPS FOR TALKING

- Give them your full attention. Put your phone down, make eye contact.
- Make it a habit. Not a lecture. 
- Validation builds emotional intelligence and helps them trust you with Bigger feelings later. 

# CONVERSATION STARTERS

- If your family had a theme song what would it be?
- What superpower would you want for one day?
- What is one thing you want to do together as a family this year?
- If you could give your younger self one piece of advice, what would it be?
- What is something you are thankful for? 
- What is your favorite thing to do together as a family?
- What's something that helps you when you feel stressed or upset?
- How do you think not drinking affects your goals or health long term?
- What does being a good friend mean to you?
- Who is someone you can talk to when you need help?
- If you could learn any skill what would it be?
- What is something kind someone did for you recently?
- Talk about what peer pressure is and how to handle it?
- Would you rather have to sing everything you say or Dance everywhere you go? 

