

NAME \_\_\_\_\_

## “I CAN HELP”

### BEFORE:

- \_\_\_ Wash my hands
- \_\_\_ Help set the table
- \_\_\_ Turn TV off
- \_\_\_ Ask what I can do to help

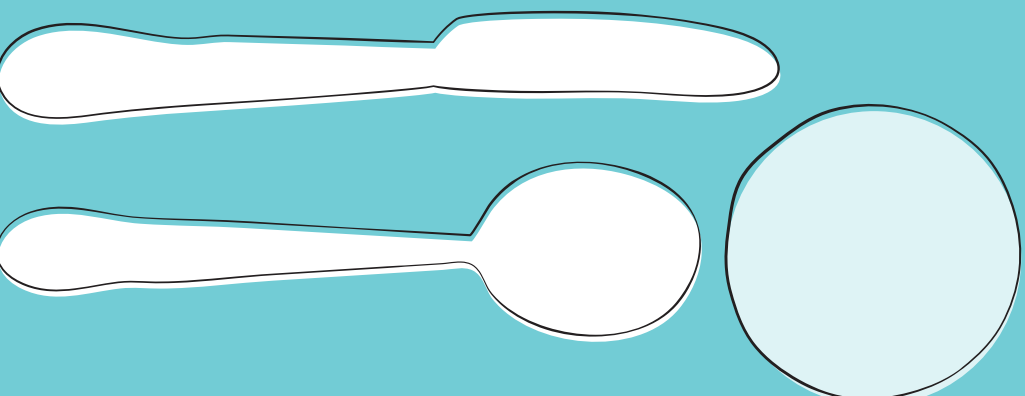
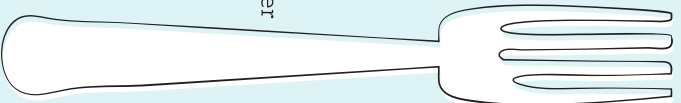
### AFTER:

- \_\_\_ Help clear the table
- \_\_\_ Wipe the table
- \_\_\_ Help clean dishes
- \_\_\_ Thank the cook!

### HIGH/LOW GAME

Take time for each member of your family to share their high (best thing) for the day and their low (hardest or worst thing) for the day.

My high today is...  
My low today is...



Be sure to use a dry erase marker on your placemat for more fun in the future!

# THANKING GOD



We are thankful for the way God blesses us. We take time to pray together before our meal. *Thank you God for...*



# FAMILY VERSE

Choose a verse to memorize together. Write the verse below.

Take time at the table to make a game out of memorizing it together.

*Ex: Have each family member say one word of the verse as you go around the table.*




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Ideas: 1 Corinthians 10:31; Romans 11:36; 1 Thessalonians 5:18

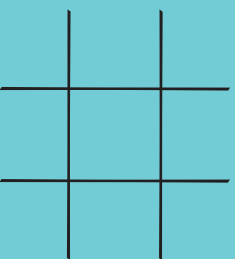
# LET'S TALK

1. What's been the happiest day of your life?
2. What's the most important thing in your life?
3. What's the one thing you couldn't live without?
4. What's your favorite book? Why?
5. Who's your best friend? Why?
6. Who would you most like to meet?
7. How would you describe God?
8. What's your favorite thing about our family?



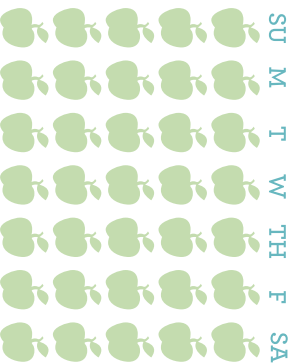
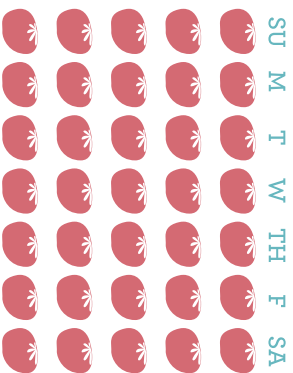
# LET'S PLAY

Use a dry erase marker or have fun with your food! *Ex: Use peas for "O's" and carrots for "X's".*



## We commit as a family to eat at least 3 meals together each week and have a great time doing it!

Mark on the calendar every time that your family eats a meal together.



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