

Summer 2023

# The Dinner Table Project

## Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

### DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®. These help young people grow up healthy, caring, and responsible. When youth have more assets they are more likely to thrive now and in the future.



### FAMILY COMMUNICATION

Teens and their parent(s) communicate positively and teens are willing to seek advice and counsel from parents.

### HAVING PURPOSE

Teens feel like they have a purpose in life.

### UNDERSTANDING MENTAL HEALTH

Having a daily routine helps mental health. The lack of structure during the summer break can prevent teens from taking care of themselves which can lead to feeling a lack of purpose. Teens are more likely to stay up late at night and stay in bed during the day. Sleep deprivation can decrease mental health and can lead to seasonal depression. Scan the QR code to check out more ways for teens to stay emotionally healthy this Summer.



### KIP DATA

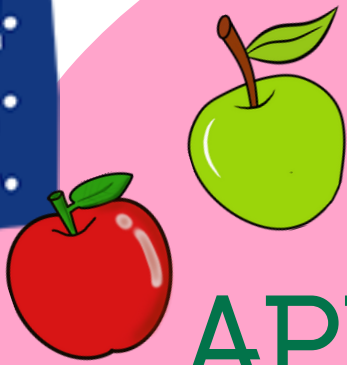
Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2021 Survey.

**38.3%**

of Kentucky 10th Graders reported poor mental health most of the time or always during the Covid-19 pandemic.

\*Poor mental health includes stress, anxiety, and depression.

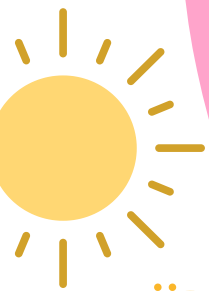




# APPLE NACHOS

- ¼ cup peanut butter
- ¼ cup non-fat Greek yogurt
- 2 tablespoons milk
- 1 tablespoon honey
- 2 red apples, cored and cut into ¼-inch slices
- 2 green apples, cored and cut into ¼-inch slices

In a blender, combine peanut butter, yogurt, milk, and honey. Blend until smooth. Place apple slices on a large plate or platter and drizzle with peanut butter sauce. Add toppings of choice if desired and serve immediately.



## CONVERSATION STARTERS

- When you want to laugh, what or whom do you turn to?
- How do you cheer yourself up when you feel bad?
- What do you think parents should be more understanding about yourself?

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[thedinnertableproject.org](http://thedinnertableproject.org)



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS

Summer 2023

# The Dinner Table Project

A program to encourage families to eat together, have fun and grow closer through conversation.

## Conversation Starters

What is your most positive memory?

When have you received really good help?

What is your Summer bucket list?

If you made up your own game, what would the rules be?



## Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?



## Bread Art

2 teaspoon salt

3 tablespoons unsalted butter, melted

5 ½ cups all-purpose flour

1 egg, beaten

1 cup warm water (80° F)

2 packages active dry yeast

¾ cup hot water (110° F)

½ cup sugar

PLAN.  
EAT.  
MOVE.

In a small mixing bowl, combine warm water and yeast and stir until dissolved. Let stand for 5 minutes.

In a large bowl, combine hot water, sugar, salt, and butter. Stir in half of the flour, egg and yeast mixture, beating until smooth. Stir in just enough flour to make a soft dough. Turn onto a lightly floured board and knead until smooth and elastic, about 1 minute. Place the dough in a large greased bowl, turning to grease the top. Cover tightly with plastic wrap. Label and store in the refrigerator until ready to use or up to three days. To use, punch dough down and shape as desired. Let dough shapes rise one hour. Bake at 375° F for 12 to 15 minutes or until golden brown.



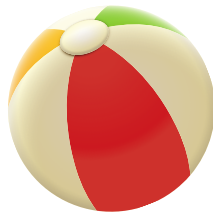


## Beach Ball Questions

Get brains and bodies working together with this activity. Gather everyone in a circle and toss a beach ball to someone across from them. The person who catches the ball must answer the question their thumb lands on.

Question ideas you could write on the ball:

- What is your favorite meal?
- Who is your favorite person and why?
- Of every teacher you've had, who was your favorite and why?
- If you could have an imaginary creature as a pet, what would it be and why?



## Summer Fun Checklist

- Go for a swim
- Go to the park
- Have a picnic
- Go on a hike
- Host a movie night
- Plant a garden
- Make your own popsicles
- Fly a kite
- Look at the stars
- Camp out in your backyard
- Visit the library
- Check out your local Farmer's Market
- Learn a new hobby



## Developmental Assets



The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to two assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to: [www.search-institute.org](http://www.search-institute.org)

## External Asset - Family Boundaries

Set family boundaries by sitting down with your child and creating a list of family rules together. Allow your child to have input on possible consequences for breaking the family rules. Monitor your child's whereabouts by creating check-in times; this can be as easy as having your child wear a digital watch and telling them to check in at 3 pm and 5 pm when they are outside playing with their friends.

## Internal Asset - Sense of Purpose

Help your child to find their sense of purpose by helping them to recognize their passion. Encourage your child to try new things such as joining a new club or trying out for a sport or play. Every opportunity you get, let your child know when they did something to make you proud. While eating dinner, have your child tell you what they do well and why they feel that way; share with your child what you think they do well and why. A combination of these things will help your child to recognize their strengths, which will lead them to their purpose.

## DTP...On The Go!

Many families travel during the summer months. Here is a fun game to play in the car called 20 Questions: One person secretly thinks of a person, place, or thing. The other players then take turns asking yes-or-no questions, such as "Can it fly?" or "Does it grow in the ground?" Finally, after the players have asked 20 questions, each player gets a chance to make a guess.



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