



# The Dinner Table Project

January 2016



## HAPPY NEW YEAR!

It's a new year! The new year brings us new goals, the chance to start new traditions, and a fresh beginning! Why not set a new goal or start a new tradition to eat together as a family at least once a week?! Each month, you will be introduced to three new developmental assets, you'll be given talking points, ideas for fun games to play at the dinner table, and a new recipe to help you with your New Year's goal!

### Developmental Assets

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets, for four age groups. These building blocks have been proven to help youth grow up healthy, caring, and responsible. Each month, you will be introduced to three new assets. Please go to our website at [thedinnertableproject.com](http://thedinnertableproject.com) to view the full list.

Asset	Tip
<p><b>Healthy Lifestyle</b></p> <p>It is important to teach your child about good health habits.</p>	<p>Set a healthy New Year's goal together! For example, each family member will get 15 minutes of exercise each day. Create a "work-out log" to keep every one on track!</p>
<p><b>Creative Activities</b></p> <p>It is important that your child participates in music, art, drama, or creative writing two or more times per week.</p>	<p>Ask your child to write their personal New Year's goals and what they hope to accomplish in 2016.</p>
<p><b>Honesty</b></p> <p>Tell your child how important it is to tell the truth.</p>	<p>Tell your child the classic tale of the boy who cried wolf. "Nobody believes a liar...even when he is telling the truth!".</p>

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## Conversation Starters

- ⇒ What is the hardest thing about making new friends? What is the best thing?
- ⇒ What special qualities should a good role model have?
- ⇒ What do you like most about each member of your family?
- ⇒ If you could take lessons in anything, what would you learn? Guitar? Ballet?
- ⇒ What do you hope to accomplish in 2016?
- ⇒ What is one thing you want to do as a family in the new year?

## Table Games

### New Year, New You

Go around the dinner table and let everyone share one thing they accomplished last year, one thing they wish they had accomplished, and one thing they hope to accomplish in 2016. How can each family member help to make sure each person accomplishes their goal?

### Share The Love

You will need strips of blank paper and pens/pencils. Each person will write one thing that they love about each family member around the table. Fold up the piece of paper and place the paper in front of the person it is about. Each person will have a pile of paper in front of them. Take turns going around the table and reading what the others wrote about you! Guess who wrote what about you!

## Recipe

### Slow Cooker Loaded Baked Potato Soup

What you'll need:

- 1 bag frozen hash browns
- 1 box chicken broth
- 1 10 ounce can condensed cream of chicken soup
- 1 8 ounce package cream cheese, softened
- 1 1/2 cups sharp cheddar cheese, shredded
- 3/4 cup crumbled bacon or bacon bits

Combine all ingredients in slow cooker. Cook on HIGH for 3 hours, stirring occasionally, or until potatoes are tender.

Add salt and pepper to taste.

Original recipe found on 12tomatos.com



Go to:

<http://teens.drugabuse.gov/national-drug-facts-week>

to learn how you can be a part of National Drug Facts Week!