

# Eating Together Well

By Jolene Roehlkepartain



One of the most important rituals that families can do together on a regular basis is eat together. When families eat together, they get to know each other even more and show each other how much they care.

## For

Teen Family

## Season

Summer

## Needed

A die and a meal to eat together (breakfast, lunch, or dinner)

## Prepare in Advance

Get a die and place it on the table before you eat together as a family

## Activity Plan

1. Say this prayer aloud to begin.  
*God, thank you for this time together as a family. We appreciate everything you give us; our food, our home, and each other. Amen.*
2. Begin to eat your meal. As you eat, explain that each family member will take a turn rolling the die. Depending on which number comes up on the die, that family member will talk about a memory or situation that corresponds with that number.
  - 1 = Name something you got excited about lately and why
  - 2 = Name something that bothered you—or upset you—lately and why
  - 3 = Name a favorite memory
  - 4 = Name someone you admire and why
  - 5 = Name a social concern (such as poverty, global warming, people being treated poorly, etc.) that you care about
  - 6 = Name something that you hope happens in the future and why
3. Play until each person has rolled the die at least three times. Encourage family members to ask further questions to deepen the conversation.
4. Discuss what other ways you can have meaningful conversations while you eat. Some families like to name their highs (good things) and lows (bad things). Others refer to them as roses (good things) and thorns (bad things). Often, the conversation can dry up quickly if you just ask a question that's too broad, such as, "What happened today." Work at asking more specific questions, such as, "What surprised you the most about something that happened today?" or "Who did you enjoy talking to the most today?"
5. Talk about when you can all get together again for a family meal. If you have one family member that is gone a lot (because of schedule conflicts with your mealtime), work to have meals together with the most family members present. Even if a meal ends up being one parent and one child, make it worthwhile by taking the time to eat and talk together.