Here are some fun games to play at the table with your family!

**Conversation starter jar:** When you have kids of different ages and interests, getting everyone involved in the dinner conversation can be a challenge. A jar full of random topics can be fun to choose from when starting out a meal.

**Word play:** Each member chooses a letter and then they try to describe their day without using any words that start with that letter.

**Create a story:** Take turns adding to a story: One person will start it off and then each person adds on a few more sentences.

**Two truths and a tale:** A great game to get to know each other even better! Each person takes a turn to say two truths and one tale and the rest of the family guesses which one was the tale.

**ABC’s of being grateful:** Go around the table and name off things you and your family are grateful for in alphabetical order! (i.e. Mom is grateful for America, Dad is grateful for baseball, Kade is grateful for cookies, and so on)

**Twenty Questions:** Choose a family memory and have the family ask you twenty questions to figure out what you are thinking of.

**Who would you eat dinner with?** Go around the table and name off people you would eat dinner with if you could, and why.

**Avoid your letters!** Pick a letter in the alphabet and everyone has to avoid saying words that start with that letter for the whole meal.

**Telephone:** Have one of the kids think of a sentence and whisper it to the next person until you get around the table and see what the sentence turns into!

**Create a “what-if” story:** Start with an event (either something that happened that day, or from a family memory) and start by saying “what if we had done _____ instead....” and create a crazy silly story together.

#createfamilymealtimewww.eatwell.org

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