

# Five Mealtime Games from the Family Dinner Project <https://thefamilydinnerproject.org/fun>

## Rose and Thorn

Go around the table and ask each person to share the **rose** (the best or most special part of their day), and the **thorn** (the most difficult part of their day). This can be a great way to get around the dreaded one-word answers when you ask, “How was your day?” It helps everyone think about sharing their day in a new way.

After your family is used to sharing their “rose” and “thorn,” get those creative juices flowing by asking them to come up with a different analogy for the best and most difficult parts of the day (peak and pit, high and low, you name it!).

## I'm Going on a Picnic – test your memory!

“I’m going on a picnic and I’m bringing...” The first person to go completes the sentence with a word that starts with “A.” The next person repeats what the first person said and adds a word that starts with “B.” Continue through the alphabet until you can’t think of any more things to bring on your picnic!

## ABC's of Gratitude

When you think about it, on even our worst days, we can still find things to be grateful for. Go around the table and have each family member share something for which he or she is grateful — but in alphabetical order. So maybe you’re thankful for animals, your son is grateful for bananas, and so on until everyone is feeling gratitude from A to Z!

## Who's Coming to Dinner?

Everyone at the table gets to pick a person they would invite to dinner and explain why. The dinner guest can be anyone from any period in time, famous or not. *What would you make for this person? What games might you play?* A variation: jot down all of the choices and imagine these folks all at your table at the same time. *What would they have in common? How would they get along?* Finally, if you’re feeling up to it, actually invite someone to dinner.

## Cat and Cow – just for laughs!

One person at the table is the “leader.” The leader says either “Cat” or “Cow.” When the leader says “Cat,” the others meow. When the leader says “Cow,” the others moo. Keep saying “Cat” and “Cow,” faster and faster, switching back and forth and making the pattern more and more random until somebody “moos” when they should have “meowed” or “meows” when they should have “mooed!”