

# FAMILY DINNER CAN BE FUN & GAMES

Try one of our fun dinner table games that you can play with friends or family.

## **Speech Club**

Each family member has to talk for 30 seconds (use a timer) without preparation on a topic someone else chooses without saying “um” or “like” or pausing for more than 2 seconds. Subjects can include anything from eggs to Italy to autumn.

## **Made You Say**

Scramble founder Aviva Goldfarb’s husband Andrew developed a silly family dinner game that really gets the kids talking about their days. You ask them different questions that all begin with, “Tell me something that happened today that made you say...” The last word ranges from “huh?” to “cool!” or “darn!” or “that’s weird.” It’s amazing how this simple game inspires them to share stories about their day and chime in on dinner table talk.

## **Name the Movie or Book**

Family members take turns reciting a line from a favorite children’s book or movie (that everyone at the table is familiar with) and others have to guess where it came from. Sometimes we throw in song lyrics to.

## **Would you rather?**

Take turns posing unappealing (but appropriate) choices to each other. Here are some ideas to get you started: Would you rather walk across hot pavement in bare feet or hold an ice cube for 30 seconds? Would you rather brush your teeth with soap or drink sour milk? Would you rather lose your sense of taste or your sense of smell?

## **Switch**

This game is super easy to play and only requires a minute of preparation time. Write everyone’s names on a piece of paper and throw them in a bowl. Before your family sits down for dinner, ask everyone to draw a name. Everyone then has to sit in the other person’s regular seat and act like them during the dinner. Make sure to draw again if you pick yourself so you don’t lose out on the fun! You can also write characters from your favorite show, animals, or family members that aren’t present on the tags and impersonate them during dinner.

## **The Gratitude Sandwich**

If you’re not really in the mood to play a game, this little gratitude round is the perfect way to put a positive spin on your day. Everyone gets to tell the group two good things that happened that day and one thing that wasn’t so great. Make sure to say one of the good things first, then talk about something that you didn’t like, and end with another positive event that happened to make the story a sandwich that’s easy to digest!

