

Dinner Time Games

Dinner games help make the table a fun place for kids to be. Games are a great strategy to help kids get to the table and stay there. Games also help strengthen the bond between your family, enhance mealtime conversation and help make mealtimes enjoyable and something that everyone looks forward to. Make sure that for all these games everyone participates – even mom and dad.

ROSES AND THORNS (HIGHS AND LOWS)

Go around the table and have each person share the best part of their day (rose) and the most difficult part of their day (thorn). This game allows your family to have a dialog about each individuals day, it also helps eliminate the one-word answer when you ask your kids “how was your day?”

WHO'S COMING TO DINNER?

Everyone at the tables gets to pick a person who they would like to invite to dinner and explain why they would like that person to come.

THE ANIMAL GAME

This is a guessing game. Someone at the table thinks of an animal and says... “I’m thinking of an animal, what could it be? If you want to guess, listen carefully.” Then the person gives three clues describing the animal and the others at the table have to try to guess.

WOULD YOU RATHER...?

Take turns at the table asking each other “would you rather...?” Ex. Would you rather... ..eat vanilla or chocolate once cream? ...go swimming or skating? ...be a dog or a cat? ...go on the swing or the slide when you are at the park? What do you hear?? Ask your kids to close their eyes and focus on the sounds that they hear. Then have them identify what they hear and mimic what they hear.

I-SPY

Start with one person selecting an object and saying “I spy with my little eye, something that is...” describe the object. The others at the table have to guess what they spy.

NAME THAT TUNE

Hum or whistle a song and have your kids guess what song you are humming. Let your kids try to do the humming and have mom or dad guess the song.