

# TABLE TALK

*Ask a family adult the following questions at the dinner table to learn things you've never known about them.*



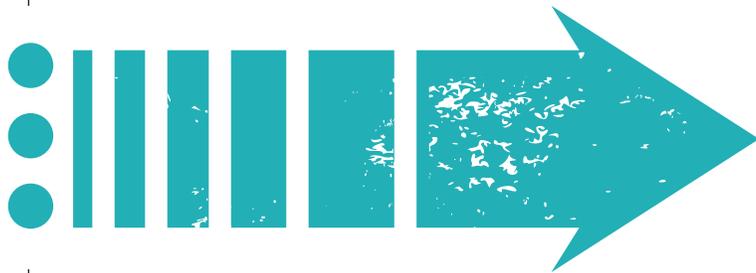
- What were you scared of when you were my age?
- What is your favorite ice cream?
- What did you want to be when you grew up?
- What was your first job?
- What gift do you most like to receive?
- What is one thing you know to be true?
- What is the most important manner to practice?
- What's the hardest thing about raising children?
- What's the most interesting place you've visited?
- What's your favorite movie?
- If you could go back to your teenage self, what advice would you give?
- If you could go back to a specific moment in time, what would it be?
- How would you describe yourself in middle school and high school?
- If you won the lottery, what would you do with the money?
- What's your spiritual gift and how have you used it?
- How did you come to know Jesus personally?
- What is the perfect meal?
- What is your most embarrassing moment?
- How is my generation different than your generation at my age?
- What's the hardest thing about being an adult?
- What is the funniest thing you've ever seen?
- Keep going...



# QUALITY TIME

*Check out these ideas for spending time with family!*

- Make a must-watch movie list for the summer.
- Look through family photo albums together.
- Complete a 1,000 piece jigsaw puzzle together.
- Make a music playlist together combining favorites.
- Go on a flashlight pajama walk in the neighborhood at night.
- Get up early, pack a breakfast picnic, and watch a sunrise.
- Master a TikTok dance together and record it.
- Create homeless care kits and deliver them.
- Ask your parent(s) to show you how to cook a favorite family recipe.
- Do a blindfold taste test experiment (Idea: best donuts in town).
- Have a trampoline campout. Make it magical with string lights.
- Ask your parents to show you their high school yearbooks.
- Retake funny childhood photos with your siblings.
- Set exercise goals together and make them happen.
- Have a cooking competition with your siblings and have a family adult vote (Idea: best chocolate chip cookies)
- Create a parody to a parent's favorite song and make a video.
- Set screen time limits for yourself and use the extra time in conversation with your family.



# **SERVE**

***Serving others is a sincere expression of love. Find ways to serve family, neighbors, friends, and even strangers. Notice the joy you'll receive!***

- Put together a dinner menu and help make it.
- Hold the door open for someone and smile.
- Pick up a piece of trash that isn't yours.
- Do one chore around the house without being asked.
- Buy the person's ice cream behind you without them knowing.
- Put-pocketing... drop a \$5 bill or an ice cream certificate in someone's grocery cart without them seeing.
- Offer to mow a senior's lawn without pay.
- Pick up after yourself instead of leaving a mess for others.
- Ask your youth leaders for ways you can serve in the church.
- Stop by your parent's workplace and surprise them with a coffee.
- Ask Jesus to use you in a much-needed way. Watch what happens.
- Do your chores without being asked twice.
- Keep a blessing kit on hand in your vehicle and give it to someone homeless when the time comes. (Ideas: snacks, sunscreen, bug spray, bottled water, cash, gum, encouraging scripture, etc.)
- Ask for donations instead of birthday gifts.
- Play cards and talk with a senior in a senior home.
- Be a mentor and an encourager to someone younger.
- Give up your seat to an elderly person, pregnant woman, etc.
- Volunteer at a shelter.
- Take an umbrella to a grocery store parking lot and walk people in on a rainy day.



**"Whoever brings blessing  
will be enriched,  
and one who waters  
will himself be watered."  
—Proverbs 11:25**

