



Recipe for a Family Mealtime Moment

Today's Thumb-Wrestling Champ

First Place: _____

Second Place: _____

Family Priorities

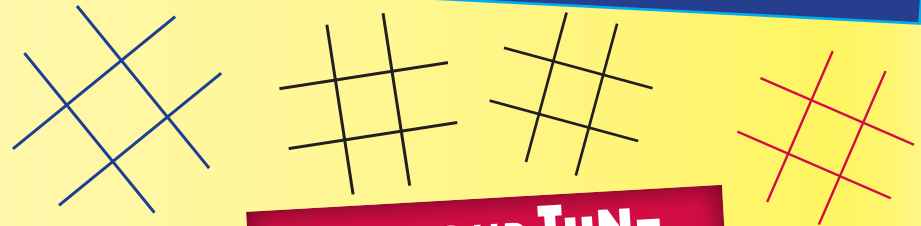
It was the usual morning rush at the Cartwright home. Mrs. Cartwright looked at her family. Her daughter was frantically trying to get the shirt she wanted to wear to school to dry faster. Her husband was complaining because all the hot water had been used for their son's shower and she just found out that she was supposed to review her youngest daughter's spelling words last night for the big test today.

"Ok, people," she said. "We have got to get this together. No TV tonight until everyone is ready for tomorrow morning. Maybe we will get off to a better start."

How is the Cartwright family like your family? What changes could your family make?

FAMILY CONVERSATION

- Talk about a TV commercial you liked.
- What is your favorite breakfast food?
- What is the best movie of all time?
- What is one thing every kid should get to do at least once?
- Where do you think is the best place to grow up? In the city? In the suburbs? In a rural area?



TAP YOUR TUNE

Could you guess the theme song of "The Brady Bunch" if you only heard the rhythm tapped out? That's the challenge of this fun mealtime activity. At your next meal together ask your family to think of a song that everyone at the table would be familiar with. Explain that one family member will tap out the beat of their song until another family member guesses its identity. He or she will then be the next one to tap out a tune.