



## New Years Edition

# Family Conversation Coasters



**DIRECTIONS:** Cut out the four **Conversation Coasters** below. Scatter all four on your mealtime table to get your family engaged in family conversation during breakfast, lunch or dinner. Paraphrase for younger family members.

Use this Conversation Coaster to energize a conversation with your family at home or while out for a meal.

**What is one thing you tried last year that you want to do this year?**

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*Keep the mealtime atmosphere friendly and warm.*

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**Describe how you have grown emotionally in the last year.**

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*Enjoy mealtime conversation before clean-up begins.*

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**What are two goals you have for this next year?**

.....

*Turn off all devices, including the TV and phones, while sharing a meal together.*

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Complete this sentence stem:  
**The best thing about the past year was...**

.....

*Five meals together each week is the goal. Begin with one and work your way up.*