Make Mealtime Family Time™ ...at home or out for a meal!

Thanksgiving 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 do you like or dislike about Black Friday shopping?



Keep the mealtime atmosphere friendly and warm.

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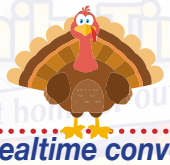
What is your favorite Thanksgiving food? Least favorite?



Enjoy mealtime conversation before clean-up begins.

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Complete This Sentence:

This Thanksgiving I hope...

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

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For what are you most thankful? How do you show your gratitude for this?

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

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