



FAMILY DINNER NIGHT

Saturday, April 4, 2020

A stress-free, tech-free, fun family evening at home while supporting New Canaan's restaurants!

The Y is proudly partnering with local restaurants to host an at-home Family Dinner Night on Saturday, April 4! We know it's a stressful time; that's why we've put together the tools to help you enjoy an easy, but fun family evening together!

Order a delicious family meal to go from one of our amazing Family Dinner Night restaurants listed below, and enjoy some of the provided tech-free family activities to help make your evening at home special, engaging, and fun for everyone!

FAMILY DINNER NIGHT RESTAURANTS

Baldanza

Cava

Chef Prasad

Cherry Street East

Elm

Farmer's Table

Gates

Joe's Pizza

Pesca

Press Burger

Roger Sherman Inn

Rosie

Sole

South End

Spiga

Vicolo Pizza



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DINNER MAKES A DIFFERENCE!

Families that eat frequent family meals together foster:

- Overall nutritious eating
- Teens who are less likely to engage in risky behavior
- Children with better language skills and academic scores
- Lower obesity rate
- Better relationships with each other and their community

Source: The Search Institute

Families that eat dinner together 5-7 nights per week create strong, healthy relationships that keep kids substance-free.

- Those who have fewer than 3 family dinner nights per week are 4 times more likely to use tobacco and 2 1/2 times likelier to use alcohol.

Source: National Center on Addiction and Substance Abuse (CASA)

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FAMILY DINNER NIGHT ACTIVITIES

GUESS WHO!

Come up with a theme such as cartoon characters, Disney characters, animals, famous athletes, etc. Write down the names of each person or character and put them into a hat.

Each person at the table now becomes one of these people or characters. Anyone can pick the name for you, but you cannot pick for yourself. To make it easy, you can have the person to your left pick a name out of the hat.

Once your new name is picked, that person sticks it to your forehead, and whoever is on that paper is who you become! However, you cannot see what your new name is, instead you have to guess who you are by asking yes or no questions (up to 10 questions).

KNOCK KNOCK...

WHAT SONG IS THAT?

Instead of humming a tune and guessing what song it is, knock on the table! Think of a song, or pull a title out of a hat, play the song by knocking on the table. Whoever is guessing the song has to sing it out loud!

FANCY DINNER

Just because we can't go out to fancy dinners doesn't mean we cannot dress up! Bring a fancy dinner to your family dinner table by dressing up in your best suit or fancy dress! Make it even more fun and pretend you are going to a fancy ball with an orchestra playing music. After dinner, keep the "ball" going with a family dance party!

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FAMILY DINNER NIGHT ACTIVITIES

Source: TheFamilyDinnerProject.org

NAME STACK

Have each person take turns writing their first name on a sheet of paper until everyone has written their name in list format. (For example, Susan, George, Ricky, Cassandra). Give each family member (or teams) two minutes to create as many words as they can from the letters in their names. For example, the name list above might generate words such as "sack, rake, car, gorge..." Each letter can only be used once within a single word, but each letter can be used multiple times to make as many words as possible. The person or team with the most words wins.

ALPHABET GAME

As a group, choose a category, such as animals, countries, singers, or "people our family knows." One family member starts the game by naming a person/thing from that category that starts with the letter "A." Then the next person names a person/thing that starts with the letter "B," the next person finds something for the letter "C," and so on.

LIST GAME

Think of 5 things that "belong" to something. For example, a banana, a pair of shoes, a book, a pile of paperclips, and a box of flooring. Then have your family guess what these things belong to (answer: things in the trunk of my car). With little kids, you can just ask them outright for a list of things in a category (example: name three things in your bed).

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Source: TheFamilyDinnerProject.org

CREATE A STORY

One person starts a story with one sentence. They can use a traditional story format ("Once upon a time, there was a huge bear...") or something completely original ("A woman carrying a large cake was walking down the street..."). Go around the table, and have each person add a sentence to the story. If the kids are old enough, pass a piece of paper around, and have everyone write their sentence down. After dinner, you can illustrate the sentences, and then post your drawings on the fridge.

HIGGLETY PIGGLETY

One person thinks of a rhyming pair of words, and then gives clues about them, using synonyms. For example, if the secret phrase was "funny bunny," the clue might be "hilarious furry mammal." The person can also give a clue about how many syllables the secret phrase has by shortening or lengthening the game's title. Saying "hig pig" means that each word in the secret phrase has one syllable (like "old mold,"), whereas "higgy piggy" means words with two syllables ("chipper zipper"), and higglety pigglety means words with three ("triumphant elephant").

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FAMILY DINNER NIGHT ACTIVITIES

GO BANANAS!

Bananagrams is a fun activity to play together at the dinner table! The object of the game is to be the first one who can create a group of interconnected words like a personal "crossword puzzle" after all the extra tiles are used. Or if you want to play together (sometimes this easier with younger children), you can make one big "crossword puzzle."

If you do not have the actual game, make your own following the steps on the next page!

Once you have your letters made follow the rules of the game:

Flip all tiles face down in the middle of the table. This will become the pile you pick from. Each player draws 21 tiles for a 2-4 player game (15 tiles for 5-6 players; 11 tiles for 7-8 players). Then, one person calls "split" and everyone flips their tiles face up and starts arranging their tiles into interconnecting words. When someone uses their tiles up they yell "peel" and everyone must take another tile.

*Note: If playing one big game you can take turns around the table.

If you cannot find a place for a tile in your crossword, simply yell "dump" and put it back in the middle, drawing three more at random to make an exchange. You can also rearrange your crossword at anytime as long as all the remaining tiles make words.

The game ends when there are less tiles in the draw pile than there are players. The first person to use all of their remaining tiles yells, "Bananas!" (while throwing your arms up in the air, waving them around, and yelling "Bananas!")

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GO BANANAS!

Making your own Bananagrams:

Supplies needed:

Paper (or something else to make letter tiles, the thicker the material, the better!)

Scissors

Marker (or alphabet stickers if you have them)

You will need to make small squares for your letters.

Below is a breakdown of the number of tiles needed for each letter:

(2) J,K,Q,X,Z

(3) B,C,F,H,M,P,V,W,Y

(4) G

(5) L

(6) D,S,U

(8) N

(9) T, R

(11) O

(12) I

(13) A

(18) E