A Message from Francesca

Children & Adult Tables: Mini Ecosystems of Conversation

Many of us growing up sat at the kids table during family holidays. How about your family? It is interesting to think about a sort of parallel holidays happening in close proximity at the same time. As a kid, when I would get up to get food I would linger around the adult table to hear the family lore and gossip. Then, I would return to the kids table where we could be more playful and manners could be more lax …as long as we weren't too loud. The two tables had very different moods, topics, and energy levels.

There are so many holiday experiences happening around us as we celebrate. Who we sit next to or across from creates mini ecosystems of conversation. I hope for all the mini ecosystems that you become a part of that there are interesting chats, laughter, and deep connection. Perhaps it will be a time where you can talk to a member of the family who you don't get to spend much time with. Maybe you will learn something surprising about someone you have known for years!

For those looking for new ways of interacting or merging the different groups at family gatherings, two games, Vertellis and Spot, might be fun to incorporate!

Vertellis advertises itself as a game, however it is really more like a deck of wonderful conversation prompts that helps create conversations and ways to interact and get to know your family better. Vertellis Family Edition is for 8 years and up.

Spot It is a fun, fast-paced game, especially if you have family members who don't all speak the same language. It is about who can spot the similar image between two cards first.

What games have brought your family closer together?

Wishing you a nourished spirit and a full stomach!

Fran :)