

What three things always make you smile?



What would you do with a pot of gold?



Name one thing you love about each family member?



What would you try if you had no fear?



What does your perfect day look like?



What song makes you happy no matter what?



What's your proudest accomplishment?



What is your favorite memory?



Children that have dinner with their families on average of 5 times per week are half as likely to commit suicide.

Utah Department of Health February 2015



For more information on how to strengthen your family, visit [POWER2PARENT.ORG](http://POWER2PARENT.ORG)

Children who enjoy family meals have larger vocabularies, better manners, healthier diets, and higher self-esteem.

Bruce Feiler, The Secrets of Happy Families, 2013



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The amount of time children spent eating meals at home is the single biggest predictor of better academic achievement and fewer behavioral problems.

Population Studies Center at the University of Michigan



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Mealtime is more influential in the lives of children than time spent in school, studying, attending religious services, or playing sports.

Population Studies Center at the University of Michigan.



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