screen-free week

Here are some fun family dinner games to try this week!

Speech Club: Each family member has to talk for 30 seconds (use a timer) without preparation on a topic someone else chooses without saying “um” or “like” or pausing for more than 2 seconds. Subjects can include anything from eggs to Italy to summer.

Progressive Story: The family tells a story with everyone at the table going around and adding just one word. When someone wants to end the story they can say “period.”

“Made You Say”: Here’s a fun family dinner game to get the kids talking about their day! Ask the kids questions that start with, “Tell me something that happened today that made you say…” The last word ranges from “huh?” to “cool!” or “darn!”, or “that’s weird.” It’s amazing how this simple game can inspire them to share stories about their day and chime in on dinner table talk.

Alphabet Game: Everyone goes around (in order) and names a word that starts with A, the next person with B, so forth. As they get older, they can also spell the word.

Guess the Animal: Start a guessing game, kind of like 20 questions, to see who can guess first. Take turns around the table asking a question and guessing until someone figures it out!

I Spy: A classic! Take turns being the spy – and start with “I spy with my little eye something _____” and find something big or small in viewing distance to have others guess.

10 Items: Pull a collection of 10 random items onto the middle of the table. Give the members at the table 1 minute to study the items. Then hide them under a towel or remove from the table. See who can list all 10 items. Next round, start again with another 10! If the kids are small, start with 4 or 5 items.