Mealtime MOMENTS

Your family table is a place for good food—and good conversation. Sharing your day together lets everyone talk about their feelings.

Imagine you are sitting at the table. Color the picture together. When you get to each character, ask and answer the question.

- Are you worried about anything?
- What makes you feel happy?
- What's your favorite word today?
- Did something make you feel grouchy today?
- Who did you play with today?
- What makes you feel happy?