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.

Did something make you feel grouchy today?

What’s your favorite word today?

What makes you feel happy?

Who did you play with today?

Are you worried about anything?