

FAMILY DINNER CARD GAME

DIRECTIONS

With the coronavirus pandemic, families are spending much more time together, and we want to make sure this time is as “healthful” and helpful as possible. The *Family Dinner Card Game* is designed as a simple way for families to communicate their feelings, enjoy their memories, and have some laughs!

Dinner is a great time to play this card game. We have known for many years that when families eat dinner together, there are significant psychological benefits to children and adults. These benefits include:

- Better academic performance
- Higher self-esteem
- Greater resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower rates of obesity

Playing this card game at dinnertime can only add to these benefits, fostering a sense of belonging and mutual support.

The *Family Dinner Card Game* is easy to play. Family members take turns picking a card and answering the questions. These cards are designed to be “conversation starters” so other family members can add comments or ask additional questions. Of course, you don’t have to just play the game at dinnertime. Play anytime your family is together – the more family members, the better!

Above all, have fun.

PREPARATION

Print out the cards and cut and fold them as indicated. Put a piece of tape at the bottom of each card to hold it together. There are 8 blank cards for you to write your own questions.

THE AUTHORS

Lawrence Shapiro, Ph.D., is a child psychologist well known for his practical approach to helping others. He has designed dozens of psychological games used by counselors and therapists around the world.

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What do you like best about your home? Explain your answer.

Who takes the longest to get ready in your family?

Which family member would make a great teacher? Why did you choose that person? What would that person teach?

Who is the funniest person in your family? Give an example of something funny this person did.

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You have some ketchup on your face. Which family member is first to point it out?

Match each player with the most fitting nickname of the Seven Dwarfs: Sleepy, Dopey, Sneezzy, Happy, Grumpy, Bashful, and Doc. Explain your choices.

Describe an embarrassing moment you had that the other players don't know about.

Describe what your family does when it is really hot outside.

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If your family were competing in a teamsport, which sport would it be? Name another family you would challenge in this sport.

Which family member is most likely to win an award for best actor or actress? Explain your answer.

Use three words (adjectives) to describe your family.

Describe your favorite holiday tradition.

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Who is the best-dressed person in your family? Describe that person's fashion taste.

Who in your family is having the hardest time during these changing times? Ask that person if there is anything you can do to help them. If it is you, can you ask another family member for help?

Tell a funny story about a family vacation.

What is your favorite room in your house. Explain your answer.

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What's your favorite thing to do at home with other family members?

If you could be invisible for a day, what would you do?

Describe a family summer tradition.

What holiday is most enjoyed by the whole family? Ask the other family members if they agree.

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Do you think you have habits that annoy other family members? Ask other members what they think (and remind them to be kind in their answers).

Would you rather travel to space or to the bottom of the ocean? Explain why.

Who in your family is most moody?

Who is the best athlete in your family? The best cook? The best comedian?

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Pretend for a moment that you are famous. What did you do to become famous?

Would you describe yourself as a "good listener?" What could you do to be a better listener? If you like, ask another family member what they suggest.

All families have occasional arguments, Who in your family is most likely to come up with compromises that end arguments?

Describe a family outing or vacation that was really fun.

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Ask all members of the family to draw a "family portrait" and then share them.

Who in the family is great at fixing things? Explain your answer.

Name a food you really like that no one else does.

Which family member would you go to for advice on health? How about other kinds of advice?

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Talk about a memory from the past that makes you really happy.

What have you done recently that made you feel proud?

Is there anyone you can think of who could really use your help? What can you do?

What is a problem from your past you solved in a creative way?

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Do you think of yourself as a positive or negative person? Explain your answer.

Is there something you did recently you wish you had done differently?

What is the one thing in the world that makes you happiest?

Give another player a compliment.

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What is something positive
that happened to you today?

Was there anything
that worried or upset
you today?

What did you learn today
from your work or school?

Did anything funny
happen today?

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Did you do anything particularly
kind for someone today?
If not, what might you
do tomorrow?

What are you grateful for today?

What is something you
would like to tell
another family member?

If you had three wishes,
what would you wish for?

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Describe what your family does for fun when it is really hot outside.

What was the strangest Halloween costume you ever wore? Ask each player to answer this question.

Describe your favorite vacation.

Who in your family would make the best contestant in a talent show? Describe his or her talent.

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What is your favorite family tradition?

If you had 2 million dollars, what would you do with it?

If you could eat one food every day, what would it be?

Who in your family would win on the TV show *Jeopardy*? Who would win on the show *American Idol*?

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Which family member are you most similar to? Explain your answer.

Which family member do you go to when you are sad?

Complete this sentence: Our family is _____.

Who in your family breaks things without meaning to? Describe a time when this happened.

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Name a television show or film your family recently watched together. What did you like best about the show or film?

Where is your favorite place to shop for yourself.

Which is your family's favorite restaurant?

What's something you have to do every day, but don't like doing?

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Describe a time you were sick. How people in your family help you?

What is your earliest memory?

What is a hobby you want to try?

What is the best holiday present you ever received?

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Describe a family party when something really weird happened.

Describe one of your scariest dreams.

Tell another player about an event in your life that would have been better if he or she were there.

What is the best gift you have ever given? Why was it so special?

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If you could give each family member a trophy, what would each trophy be for? Explain your answer.

What does your family do to show love of your country?

If you could change one rule that your family has, what would you change?

If your family were in a circus, what role would each person have (e.g., clown, juggler, acrobat, etc.)?

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If your family were a class, who would be the teacher? The good student? The student who misbehaves? The teacher's pet?

Is there a funny expression that someone in your family says all the time?

Who in your family is most athletic? What do they do to keep fit?

Who in your family is the pickiest eater? Share a story about this person and his/her eating habits.

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If you could make one rule that everyone in the world had to follow, what rule would you make and why?

If someone in your family appeared in the newspaper, what would the headline be?

Who in your family would most likely be a good politician? Explain your answer.

Who in your family goes to bed last? Who gets up first? Who has the strangest sleeping habits?

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If you could see your future, where will you be in ten years?

If you could pick a different name for yourself, what would it be?

Which member of your family is most likely to win a pie eating contest? Explain your answer.

Tell your funniest family story involving an animal.

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If you could have any pet, what would you choose and why?

If you could play any musical instrument, what would it be and why?

If you could stay up all night, what would you do?

If your family had \$1 million to spend to help people, how would you spend the money?

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What are the qualities that make you a good friend?

If you could spend the day with anyone (past or present), who would it be and why?

What is one thing you couldn't live without?

If you could travel back in time, where would you go?

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How can you tell someone you love them without using words?

If you could have any job in the world, what would it be?

If you had to change places with a family member, who would you pick ?

What's the nicest thing a family member has ever said to you?

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If you went to another planet, what would you bring with you?

Which movie actress reminds you most of your mother? What movie are you thinking about?

Which movie actor reminds you most of your father? What movie are you thinking about?

Tell a joke.

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