



FAMILY FUN TIME

ACTIVITY PACK

(OPEN FOR FAMILY FUN!)



DEB & JEFF
HANSEN
FOUNDATION





Food brings families together, and meals can be an opportunity for connection, communication and fun. We want you to enjoy your special meal (featuring pork, of course) and spending time with the ones you love.

We invite you to look inside this activity pack for fun games, conversation starters, activities and ideas to make your mealtime extra memorable!

*From your friends at Iowa Select Farms and
the Deb and Jeff Hansen Foundation*

Thank You
**FOR THE SACRIFICES YOUR FAMILY
HAS ENDURED
TO PROTECT OUR FREEDOM**



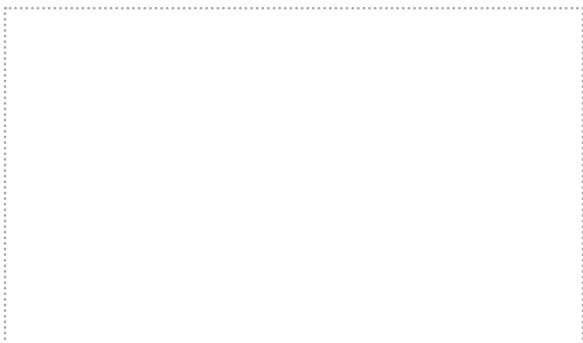


FAMILY FUN TIME ACTIVITY

You Are Special Today!

When a family member has achieved a goal, been acknowledged or awarded or recognized, use this special place card that night at supper.

▼ *Simply cut out, fold and place at their table setting.* ▼



YOU ARE
Special
TODAY!





FAMILY FUN TIME ACTIVITY

SUPPERTIME CONVERSATION STARTERS:

Building a Family Identity

The “Do You Know Me?” Game

Have the kids ask questions about themselves (What is my favorite food?

What do I do at recess?), and then have them answer questions about YOU (What town did I grow up in? What is my favorite book?).

This is a great way to show children that it takes effort and thoughtfulness to really know another person.

Service Suppers

Have your teenage children share one thing they did that day to serve someone else. What a great way to encourage children to look outside of themselves as a habit.

An Attitude of Gratitude

Ask: What is one thing you are grateful for today? If gratitude is a muscle that grows stronger with exercise, let's be bodybuilders!

Pain Point

Come to dinner prepared to share one sore point from your life, and allow your children to brainstorm ways to handle it. Brainstorming together encourages problem-solving skills and family unity.

Roots

Share a story from your family's history. If we want family identity to seep into our children's souls, storytelling is a powerful way to achieve that.





FAMILY FUN TIME ACTIVITY

SUPPERTIME CONVERSATION STARTERS:

Building a Sense of Self

Autobiography Night

Ask each child to recall an experience, and then follow up with opened-ended (who, what, when, where, why) questions. Researchers found that children who were encouraged to reminisce retained memories better than those who weren't. Memories also translate to self-esteem, which will make you smile when your little ones recall even the most embarrassing mishaps of mom and dad.

The Happy Sad Game

Have everyone at the table share one sad and one happy thing that happened to him or her that day. It gives kids a chance to see their parents and siblings work through hard things.

The Dinner Guest Game

If you could bring one person, past or present, to dinner, who would it be, and why?





FAMILY FUN TIME ACTIVITY

AFTER SUPPER ACTIVITY:

KNOCK! KNOCK!

You pick a genre of music to stick with (Disney songs, country, rock and roll), and then each person secretly picks a song they love. When it's your turn, instead of singing the song out loud, you **KNOCK** the melody on the table (no music allowed – just knocking!), and everyone has to guess what song it is.





FAMILY FUN TIME ACTIVITY

Kids Are in Charge!

Hey, kids! It's time for you to plan the meal and do the cooking, with your parent's help, of course. Plan a meal, shop for ingredients (don't forget the pork!) and make a meal for the whole family to enjoy. Use this menu planner as a guide.

Soup/Salad

Main Dish

Dessert

Drinks

Bonus — Make a playlist of your favorite music to listen to while you dine!





FAMILY FUN TIME ACTIVITY

Suppertime Storytelling

Encourage all members of the family to create a story, one word at a time. Throw out a topic and ask one family member to start with just one word. The next family member adds the next word of the story and so on until one sentence after another is formed, creating a silly, unique, and collaborative story!





FAMILY FUN TIME ACTIVITY

SUPPERTIME STORIES:

Ancestry Lesson

Children love telling and hearing about stories of their parents, grandparents and their ancestry. You could also try kicking off a story with one of the following questions:

- “Do you know the story about how your parents met?”
- “Do you know how your name was chosen, or how your parents’ names were chosen?”
- “Do you know some of the lessons that your parents learned from good or bad experiences they had during their childhood?”
- “Do you know some of the jobs that your parents had when they were young?”
- What is the earliest story you know about an ancestor?



FAMILY FUN TIME ACTIVITY

SUPPERTIME STORIES:

Two Truths and a Tale

Ask everyone at the table to say three things about themselves: **two true things and one thing that's made up.**

The rest of the table will guess which is the tall tale. Sometimes this game is easier if everyone gets a chance to write down their three things before sharing.





FAMILY FUN TIME ACTIVITY

SUPPERTIME STORIES:

History Buff!

Discussing historical figures or people who are currently famous can also be fun. Which public figure does your daughter or son admire most? If they could meet anyone throughout history, who would it be?





FAMILY FUN TIME ACTIVITY

SUPPERTIME STORIES:

Alluring Associations

How many words and phrases that contain “heart” can you think of? Have your family members try to name as many as they can during dinner (examples include heart attack, heartbeat, and heart on your sleeve). You can also play this game with “love,” “kiss,” “beauty” or “friend”!





FAMILY FUN TIME ACTIVITY

SUPPERTIME GAMES:

CAT or COW

One person at the table is the “leader.” The leader says either “Cat” or “Cow.” When the leader says “Cat,” the others meow. When the leader says “Cow,” the others moo. Keep saying “Cat” and “Cow,” faster and faster, switching back and forth and making the pattern more and more random until somebody “moos” when they should have “meowed” or “meows” when they should have “mooed!”





FAMILY FUN TIME ACTIVITY

SUPPERTIME STORIES:

20 Things I Love About...

Come up with a topic together—or put some ideas in a jar and pull out one randomly. Examples include a season or a person or place, or anything really! Then go around the table and have everyone name something silly or serious they love about that season or person or place until you have twenty items. Make sure to write everything down so you can have fun looking at it a month, a year, or 20 years from now!





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

The Song Game

The first player chooses a word or a category (say, fruit).

Each person at the table then has to come up with a song that uses that word in the lyrics. And then sing it (at least a verse of it). So, for example, using the word “love,” one person could sing part of “Love Stinks...yeah yeah” or “Crazy Love” or “Love is all you Need.” After everyone’s done, the next person chooses a new word (or category) and the hits keep on coming!





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Guess Who?

Everyone thinks of a person, place or thing that needs help.

On a piece of paper, write down five ways to help that person, place or thing. Have the rest of the table guess what person, place or thing you are helping by sharing just those five ways of helping on your list!





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Upside Down and Backwards

Start a breakfast or dinner tradition around the theme of upside down and backwards! Maybe it's once a month—or once a year—but pull out all the stops. Have breakfast for dinner: Dress in your favorite pajamas and eat pancakes, cereal or eggs. Invite friends, or the stuffed animals. Or try dinner for breakfast! Cold pizza anyone? Or if you're feeling really crazy, an occasional dessert-before dinner-evening (say an ice cream appetizer?) never hurt anyone.

You can also think of other activities that might go along with an upside-down tradition, like reading bedtime stories at breakfast or having dinner in bed. It's your family's tradition, so get as kooky as you want!





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Going on a Picnic

“I’m going on a picnic and I’m bringing...”

The first person to go completes the sentence with a word that starts with “A.” The next person repeats what the first person said and adds a word that starts with “B.”

Continue through the alphabet until you can’t think of any more things to bring on your picnic!





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Gratefulness Grab Bag

Give everyone two slips of paper, and have them write down two things that they're thankful for (these can be silly or serious!).

Place the slips in a bowl, pass it around the table, and have different people read the slips out-loud.





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Celebrity

This is a game of naming people in the public eye. The trick is: the first letter of the celebrity's last name dictates what the first letter of the next person's first name must be. For example, if the first person names "George Washington," the next person might say "Walt Disney," or another celebrity whose name begins with W. Keep going until someone gets stumped.

Special challenge: if you can name someone whose first and last name starts with the same letter—here, like "Walt Whitman,"—then the direction reverses and the person who just went has to name the next celebrity.

This game also works with geography—simply use the last letter of the place named as the first letter of the next place. For example, "Kentucky" could lead to "Yemen."



FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Telephone

This classic game was practically made for the dinner table. Have one person think of a sentence or phrase, and have him whisper it into the next person's ear. When the last person hears the phrase, she repeats it to the group, and the person who started the game can see how close she got!





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Reflecting and Resolving

Have family members write down their five proudest moments from the past year, as well as five things they'd like to accomplish in the new year. Once you've gathered for dinner, share your accomplishments and hopes!





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Where in the World?

Imagine everyone at the table has the gift of teleportation, but it only lasts for 24 hours. Where in the world would you go? Would you bring anyone with you? How long would you stay? What would you do there?





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

How Many Hands?

Choose a food on your plate and count how many steps were involved in getting it to your table.

For example, “rewinding” your glass of milk’s journey might look like this: table, kitchen, grocery store, truck, distribution site, really big truck, farm, cow.

If someone gets stuck, go around and see if anyone can think of more steps. How far back can you go?





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Use Your Senses

Try this “sense-sational” game! Close your eyes, and ask your family, “What do you hear? What do you smell?”

For some guaranteed giggles, encourage your family to imitate the sounds they hear.





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

I-Spy

Start with one person choosing an object, and saying “I spy with my little eye, something...” and then describing the thing. For example, “I spy with my little eye, something... purple!” The other diners have to guess what the person is looking at.





FAMILY FUN TIME ACTIVITY

SUPPERTIME FUN:

Who Did You See?

I ran into someone in the supermarket (at work, downtown, at the dentist's office, etc.) today. Family members then ask yes-or-no questions to guess who it was.



WEEKLY MEAL PLANNER

Food brings families together and preparing and planning a meal with loved ones can make mealtime even more memorable!



	BREAKFAST	LUNCH	SUPPER	WHO'S SETTING THE TABLE?	WHO'S WASHING UP?
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					





FAMILY FUN TIME

ACTIVITY CARD



DEB & JEFF
HANSEN
FOUNDATION





FAMILY FUN TIME

ACTIVITY PACK

*Pork care packages, activity kits and meal planners
are a gift to you from Iowa Select Farms and
the Deb and Jeff Hansen Foundation.*

Growing Communities. Growing Iowa



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