

# Is your family ready for #DeviceFreeDinner?

Don't worry — it's easy! You can do it at home, at a restaurant, on the go, or anywhere that adults and kids can share distraction-free time. Here's how:

- ✓ Plan a mealtime when kids and adults will be together. (It doesn't even have to be dinner — breakfast works, too!)
- ✓ Turn off the TV and put away all electronics (phones, tablets, laptops).
- ✓ Talk to each other (and have some fun!).

## Here's a fun activity for kids and adults to do together at mealtime:

**Kids:** Read the sentences below and ask your parent/caregiver to fill in the blanks.

**Grown-ups:**  
Keep it going! Together with your kid, take turns coming up with questions for each other. They can be silly or serious. Just keep talking!

When I was a kid, I wanted to be a \_\_\_\_\_ when I grew up.

The most embarrassing thing that ever happened to me was \_\_\_\_\_.

If I could have a magical power, it would be \_\_\_\_\_.

I heard/saw something interesting on the news today about \_\_\_\_\_.

Something I'd like to know more about is \_\_\_\_\_.

The most important qualities of a leader are \_\_\_\_\_.

One day, I hope we can \_\_\_\_\_ together.

I feel proud of you when you \_\_\_\_\_.