

“I See Kindness Everywhere,” by Shelley Frost

Dinner Games

Here are a few games to have fun with around the dinner table...or anytime. Just cut out the circles below and pick one at random. They'll get the family talking and help inspire good feelings. Play a new game every night. You can even play them by yourself!

GAME 1

I See Kindness in my Asparagus! Thank You, Asparagus Farmers!

Going around the table, everyone takes turns seeing kindness in the foods before them on their plates, and saying thank you to whoever might have been instrumental in producing that food and bringing it to the family table.

Use this format: “I see kindness in _____.
Thank you, _____!”

(Tip: There is always more than one good answer. And it's always good to thank the cook, but try to get even more creative than that.)

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GAME 2

What New Kindnesses Did You See Today?

Going around the table, everyone takes turns sharing what new kindnesses they noticed or thought of during the day, and saying thank you.

Use this format: “Today I saw kindness
in _____ (a thing, situation, or ability).
Thank you, _____!”

Alternatively, other family members can take turns guessing whom to thank for each kindness. (Tip: There is always more than one good answer!)

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GAME 3

I See Kindness in You

Going around the table, everyone takes turns expressing appreciation for a positive quality (small or large, intentional or unintentional) they can see in another family member, and saying thank you directly to that person for that positive quality...while offering an example.

Use this format: “I see kindness in you,
_____ (name).
Thank you for _____ (positive
quality and example).”

(Tip: There is always more than one good answer!)

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