

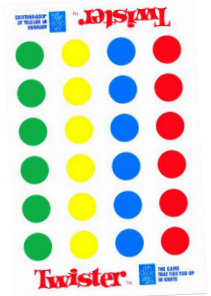
A Mealtime Idea
Worth Trying

#1 Mealtime with a Twist



Strive for five or more meals together each week!

- ▶ For this mealtime activity you will need the game *Twister*, but you won't be using it in the usual way. Remove the playing mat from the box and spread it on your table to make a fun, colorful tablecloth to brighten any family meal. The colorful circles will put a smile on your family's faces.
- ▶ After the meal is over and the plates are cleared away wipe off the "tablecloth" and place it on the floor where it becomes the mat again for a family game of *Twister*. Play the game according to directions or make up a wacky family version of your own.



ParentTip: Always think safety when doing this or any other family activity.

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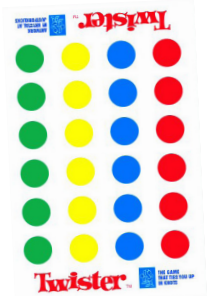
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