

# MEALTIME GAMES



This handout is intended for families and partners to use to keep mealtime a pleasant experience for everyone. When emotions get high or food becomes more difficult, use one of the games below.

## 20 Questions

Someone thinks of something, only yes or no questions can be asked, you have 20 chances

## Target

Someone thinks of something you can buy from Target, you have unlimited opportunities to ask questions

## 2 truths and 1 lie

One person says 3 statements about themselves, 2 are true and 1 is a lie and participants have to guess the lie

## Alphabet Game

Choose the theme and you have to go through the alphabet. For example, theme is animals- Anteater, Baboon, Cat, Dog, Elephant, etc.

## This or That?

Someone lists two choices and everyone chooses their favorite. Example, cats or dogs? Coffee or tea?

## Would you Rather

Fun for obscure scenarios, for example would you rather lie in a pit of snakes or eat ten spiders?

## Just a Minute

Someone lists a topic and you have to talk about that topic for 1 minute.

## Association

State with saying a word out loud and go around the table the next person says the first thing that comes to their mind and you keep going around until someone hesitates or says something too random.