

East View  
Elementary School



*Counselor's  
Corner*

“Sun-sational  
Success -  
Nothing Less”

# Meal Time Magic

Do you ever spend an hour or so on preparing dinner and then your kids rush through it faster than a speeding bullet. Before you even finish your salad the kids are ready to move on to something else. If this happens at your house you may try a few ideas listed below to build some quality time into your dinner hour.

- Focus on the events of the day or any upcoming events that your child is interested in
- Let each person tell about one interesting thing that happened to them that day
- Play a game – Like the “Name game” Start with the name of someone famous, go around the table, taking turns calling out another well known person with the same first or last name

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