

FAMILY DINNER NIGHT



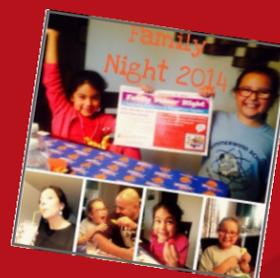
Monday, September 28, 2015

Celebrate Family-Time by Eating Dinner Together

Kids Who Regularly Have Meals With Their Family...

- Are more likely to report having high-quality relationships with their parents.
- Are less likely to use drugs and alcohol during adolescence.
- Are less likely to have friends who use substances.
- Say the best thing about eating dinner together is spending time with family.

(The Importance of Family Dinners VIII, The National Center of Addiction and Substance Abuse at Columbia University. Visit www.casafamilyday.org/familyday for more information about the importance of frequent family dinners and National Family Day.)



Submit a photo of your family eating dinner together and your name will be entered into a drawing for gift cards to local restaurants!

Email your last name & photo to twoozley@drugfreeidaho.org. One entry per family. Entries must be received by Oct. 7th, 2015. All photos will be posted on the DFI Facebook page unless otherwise indicated; please specify in your submission if you prefer your photo not be shared online or printed publicly.

Visit www.drugfreeidaho.org to print off additional place mats!



SHOW US
YOUR
FAMILY
DINNER
WITH THIS
PLACE
MAT!

Our Family's Natural High Is...

(Fill in the blank)

#dfilivenaturallyhigh



DRUG FREE IDAHO Inc.

Visit www.drugfreeidaho.org for answers to the games below.
Like us on [Facebook.com/drugfreeidahoinc](https://www.facebook.com/drugfreeidahoinc) & [instagram.com/dfiboise](https://www.instagram.com/dfiboise)



NATURAL HIGH: AN ACTIVITY, SPORT, OR ART FORM THAT MAKES YOU FEEL GOOD INSIDE AND OUT.



BIKING Reading Board Games COOKING Watching Movies SKIING Picnics Boating
FOOTBALL Camping Music Golf Traveling Fishing Volleyball Video Games Art
Family Dinners SOCCER Running Dancing CHESS Swimming HIKING Jokes
Baseball Band Martial Arts Traditions Hunting Horseback Riding Basketball

Food Alphabet Challenge

Think of a fruit or vegetable for each letter of the alphabet:

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____

SUDOKU

Enter numbers between 1-9; a number may not appear twice in the same row, column, or within the same 3x3 area.

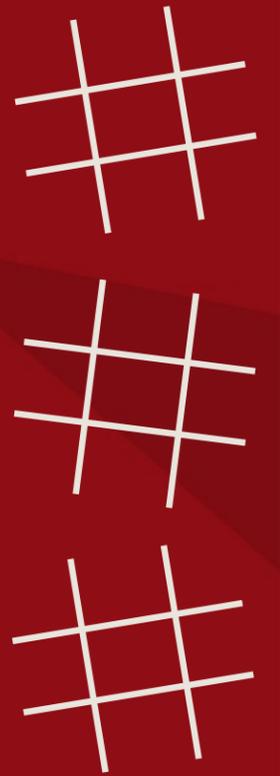
9	5		1	4		8		7
					8		1	
2					5			
	4			7		1		5
3			9				8	
		6			4			
		8			6	4		
6	9			1				8
1			2			7		

S	Q	U	S	H	C	L	H	T	D	S	F
L	T	B	M	E	M	O	R	I	E	S	A
U	O	S	I	A	D	F	B	M	Z	E	M
F	J	V	L	R	N	G	Y	E	T	R	I
P	U	L	E	T	X	A	P	F	K	U	L
L	K	A	X	F	G	M	C	W	U	T	Y
E	P	U	Y	E	Z	E	H	T	Z	N	B
H	U	G	I	L	W	S	T	C	I	E	A
A	E	H	V	T	E	E	X	K	O	V	I
I	Q	P	U	N	R	E	N	N	I	D	E
P	L	A	Y	F	U	L	M	B	Y	A	Z
S	N	O	I	T	I	D	A	R	T	J	M

WORD SEARCH

Find the family related words: look vertically, horizontally, backwards, and diagonally.

- Memories
- Time
- Games
- Smile
- Active
- Heartfelt
- Laugh
- Adventures
- Family
- Helpful
- Dinner
- Traditions
- Playful
- Hug
- Fun
- Love



KNOW THE FACTS

- 9 out of 10 Americans who meet the medical criteria for addiction started smoking, drinking alcohol, or using other drugs before age 18.
- The adolescence brain is still developing until the early 20's and is more prone to addiction when nicotine, alcohol, or other drugs are used. (Visit www.drugfreeidaho.org for more facts.)

DINNER CONVERSATIONS

Questions to ask each other:

- What was the best/worst part of your day?
- What person do you most admire? Why?
- What's the nicest thing you've done today?
- What is your favorite ice cream flavor?
- What is your favorite family activity?
- If you had a superpower, what would it be?

