

#DeviceFreeDinner



Dinner can be quite juicy if you have the right "ingredients." And it doesn't require technology or devices! What is your recipe for a delicious dinner conversation? How will you whet your family's appetite for meaningful conversation?

MY RECIPE

1. Let's start with your main ingredients for a delicious discussion.

INGREDIENTS:

Example: 1 heaping teaspoon of opinions.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

2. Next, list your directions in clear steps. Make sure to include a clear directive to avoid devices! Think about sequencing the steps, begin assembling ingredients, and move on to combining them, cooking, and cooling.

DIRECTIONS:

Example: Set your phone to the side to cool for at least an hour.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

3. Lastly, name your dish or dishes with a tantalizing title:

What is the serving size? How many people does this recipe feed?
