

DINNER MAKES A DIFFERENCE!

Table Games

Family Storytelling :

Directions: Someone at the table starts the story, and after a couple of sentences, points to someone else to continue the story. The faster you go, the more fun you have. Sample story starters: "Once upon a time in South Carolina..." Or "One time I was in South Carolina, and...."

Rock, Paper, Scissors Exercise!

Directions: Two players each make a fist with one hand and hold the other open, palm upward. Together, they tap their fists in their open palms once, twice, and on the third time form one of three items: a rock (by keeping the hand in a fist), a sheet of paper (by holding the hand flat, palm down), or a pair of scissors (by extending the first two fingers and holding them apart). The winner of that round depends on the items formed. If the same item is formed, it's a tie. If a rock and scissors are formed, the rock wins, because a rock can smash scissors. If scissors and paper are formed, the scissors win, because scissors can cut paper. If paper and a rock are formed, the paper wins, because a sheet of paper can cover a rock. **The loser of the round must blurt out a type of exercise as quickly as he/she can.** After one round is completed, another is begun.

Twenty Questions:

Directions: One player thinks of a famous person, place, or thing in South Carolina. In turn, everyone gets to ask the player a question, which must be answered "yes" or "no". For example, "Is it yellow?" is a valid question, but "What is his favorite color?" is not. Players may ask up to twenty questions total. Whoever guesses correctly gets a turn to think up something.

Make Every Day Family Day!

- No one has more power to prevent kids from using substances than parents.
- Frequent family dining is associated with lower rates of youth smoking, drinking and drug abuse.

Word Scrambler

Directions: Unscramble the words below to discover some healthy fruits, veggies, and activities!

clobirco
enciagon
drolasl
brumcuce
piumgn scajk
tarinene
wetes topaot
gereninat
onwatlemer

Answers:
broccoli, canoeing, collards, cucumber, jumping jacks, nectarine, sweet potato, tangerine, watermelon

Family Day Word Search

Fun things to do and places to go in South Carolina:

Amusement park	Hiking	Museum
Beach	Horseback riding	Park
Dance	Kayaking	Shoot hoops
Football game	Kick ball	Tennis
Ghost tour	Miniature golf	Zoo

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

