



## FAMILY HUDDLE

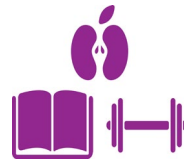
### Dinner Conversations

Use questions from the Family Dinner Project to connect over dinner:

- Write questions on slips of paper and place in a jar.
- Select a slip, read the question aloud, and take turns answering.
- After everyone has answered, share one thing you learned about someone else.

For more visit

[thefamilydinnerproject.org](http://thefamilydinnerproject.org)



## HEALTHY SPIRIT, MIND, AND BODY

### Chickpea Cookie Dough Truffles

Chickpea cookie dough truffles are a healthy alternative to regular cookie dough.

Learn how to make this and other healthy recipes through online Y Cooking classes from the Irsay Family YMCA at CityWay in Indiana.

View the video at

[facebook.com/watch/?v=520529378663510](https://www.facebook.com/watch/?v=520529378663510)



## MORE ACTIVITY, MORE FUN

### Carnival Samba Hat

Gather cardboard, scissors, glue, paint, sparkles, sequins, buttons, and anything else you can think of!

- Draw the basic design of a samba hat on the cardboard, being careful to make the ends long enough to fit around the head.
- Cut and decorate the hats with the assorted materials.
- Staple the ends together in the back.
- Put on your hat and dance in a samba parade!



## HOMEWORK HELPER

### NASA Kids' Club

Access fun activities and games from NASA. With something for children of all ages, the activities support STEM (science, technology, engineering, and mathematics) learning.

Find out who is on the Space Station and view the Kids' Club Picture Show, an image gallery of some of NASA's most interesting pictures, among many other things.

Explore at [nasa.gov/kidsclub](http://nasa.gov/kidsclub)