



Special Family Meal Activity

1. Develop a very simple meal plan and a simple game or fun questions you can ask everyone.
2. Think about how you will set the table:
 - a. Small colorful candles?
 - b. Tablecloth?
3. Provide flowers—we are going to make some flowers for your table.

Making Flowers

- 6 cocktail napkins in bright colors (if you want a contrasting center, make the middle one a different color)
- 1 bamboo skewer (they can be bought inexpensively in the grocery store)
- Twist ties (or pipe cleaners, cut)
- Scissors

Directions:

1. Open all of the napkins up, and lay them on top of each other.
2. Begin folding like a fan or accordion, and continue folding.
3. Tie the center with the twist tie or pipe cleaner.
4. Cut ends into a semi-circle, points, or scallop.
5. Lay it flat and begin to fold each layer up carefully into petals.
6. Shape them and then attach bamboo stick with tape.
7. That is all there is to it!



Notes: