

Eating Together

By Melissa Shults



Meals at camp are a great setting for making friends and learning more about the people who are part of the camp community. Talking about camp mealtimes before leaving home can give campers ideas of how to eat well with others.

For

Teen Family

Season

Summer (before camp)

Needed

Meal, paper, pens

Prepare in Advance

Plan to eat a meal together close to the time your young person will be leaving for camp.

Activity Plan

1. When you first sit down at the table, give each family member a piece of paper and a pen. Ask family members to write three questions they think would be good ones to ask people they don't know well.
2. Say this prayer aloud to begin your meal:

God, our Provider, thank you for this food and for the time to share this meal. Please guide our conversations as we prepare to send _____ to camp. Amen.

3. As you eat your meal, take turns asking one another your prepared questions.
4. After each person has had a chance to ask all three of his or her questions, talk together about how these types of questions can help us get to know other people. Discuss: Which of our questions would be good ones to ask during a meal at camp? Which ones might not be? What other questions would be good to ask during a camp meal?
5. Invite family members to express their ideas about how shared meals help build community and provide opportunities to make new friends.
6. After your caring conversation, pray for your camper's time at camp and for the people he or she will meet there.

