

For a Great Table Talk Experience...

-  Turn off all electronic devices. Let the people you're with know they are important!
-  Stay positive! This is not the time to focus on what's been done wrong or could be done better.
-  Don't force it. If you get on a negative track, stop that discussion. Move on to another topic.
-  Expect surprises—you might get to know one another in new and meaningful ways!
-  Have fun!



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Encouraging, supporting and challenging every student to achieve the highest levels of knowledge, skills and character.

Do you know where you stand on the need for ATTENTION?

Take this short quiz. It will help you determine how important the need for attention is for you. If the statement is REALLY like you, circle 5; if it is NOT like you, circle 1. Add up your score to see how important attention is to you.

- It is important for me to be able tell my thoughts and feelings to people around me.**
1 2 3 4 5
- I really like it when someone wants to spend time with me.**
1 2 3 4 5
- I feel loved when someone spends time doing something with that I enjoy, especially if it's not their favorite activity.**
1 2 3 4 5
- I usually don't like to spend a lot of time by myself.**
1 2 3 4 5
- It's really important to me for people to listen to me when I talk.**
1 2 3 4 5

Total: _____

5—11: Attention is not very important for you. We all need attention to some degree, so be on the look out for one of your other relationship needs.

12—18: Your family's attention is somewhat important. So hearing words of attention fairly often would be good for you.

19—25: Your family's attention is very important to you. So hearing words of attention every day might not be too much!

TABLE TALK

Experiences



Attention

Conversations
that
Strengthen
Family
Relationships

We all have relationship needs, but the priority of those needs is different for each person. Your greatest need may be affection, while another family member's greatest need may be for attention.

Strong families learn to love each person according to what they need most.

This Table Talk Experience will be your chance to learn more about the people you care about and better understand their relationship needs.



You will have the chance to practice meeting the need of attention!

Welcome to MY WORLD



Every person in every family has a need for attention.

Attention means:

showing appropriate interest, care and concern; taking thought of another; entering another's "world".

Giving attention also means listening carefully, showing interest, getting to know another person deeply, doing things with others that they enjoy doing.

Take turns finishing this sentence (*Parents go first, then kids*):

★ **My world is all about _____.**
I like for others to join me by _____.

Example: My world is all about baseball and football. I like for others to join me by coming to my games and throwing with me in the back yard.

Remember to give each person your undivided attention—listen as each person talks!

Giving Attention

Think about one of your favorite birthday celebrations. (One of the things that makes birthdays so great is —you receive more attention!)

Take turns finishing these sentences and listening carefully:

★ **One of my favorite birthdays was when _____.**

★ **I really liked it because _____.**

After each person tells their story, celebrate with one another. (In strong families, when one person is celebrating, the rest of the family enters their world and celebrates with them.)

That might sound like this:

★ **That's cool! I'm really happy you had fun on your birthday.**

★ **I'm really glad that you _____. I know that was a special day for you.**

Parents: *Plan to meet your child's need for attention in the future. Ask each child the question below, and then plan some one-on-one time. Even 30 minutes is great!*

★ **What is something you and I could do together?**

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Ride bikes | <input type="checkbox"/> Go to the park |
| <input type="checkbox"/> Build a tent | <input type="checkbox"/> Work a puzzle |
| <input type="checkbox"/> Play a game | <input type="checkbox"/> Cook together |