

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 SUPPORT?

Take this short quiz. It will help you determine how important the need for support 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 support is to you.

- I feel loved when someone notices that I need help and helps me.**
1 2 3 4 5
- When I am overwhelmed and stressed, I like for someone to come along with me and help me.**
1 2 3 4 5
- When I have to do something hard, I like it when I have another person to pitch in and give some help.**
1 2 3 4 5
- I really don't like working on projects by myself. I enjoy working with a partner.**
1 2 3 4 5
- I really appreciate it when someone offers their time to help me get a job done.**
1 2 3 4 5

Total: _____

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

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

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

TABLE TALK

Experiences



Support

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 attention, while another family member's greatest need may be for support.

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 support!

A Helping Hand



Every person in every family has a need for support.

Support means:

coming alongside and gently helping with a problem or struggle; providing appropriate assistance.

Giving support also means helping someone with a big project, doing hard things together, teaching someone how.

Take turns telling about a time when someone has met your need for support—a time when someone helped you out with a problem or struggle (*Parents go first, then kids*):

Home Base means that each child has the reassurance that you will always be there. So take this opportunity to express these reassuring sentences to your child:

 I remember a time when I needed help with _____ and someone gave me support by _____.

 I was so grateful for their support because _____.

Example: I remember a time when I needed support with a project at school and my friend came over to help me finish.

Giving Support

Take the next few moments and find out how to give more support to members of your family and then make a plan to do it! (*Parents go first, and then kids find out how you can support your family, too!*)

 Do you have any homework or projects that you need help with?

 Are you having any problems with your friends?

 Is there something that's hard for you (perhaps you get frustrated every time you try)—and you'd really like some help?

 Is there something that you would like to learn how to do (that's new) or learn how to do something better?

After listening to each person's responses, discuss actions steps that will be needed. How will support be given?

 I would love to support you by _____ and I plan to do that in this way _____.

Congratulations!
You just planned how to meet the need of support. Now be sure to follow through!