



# Talk Together

Youth Ages 6–8 Lesson (45 to 60 minutes)

By the end of the session, participants will:

- Develop communication skills by taking turns talking,
- Practice good listening skills,
- Develop list of conversation topics for family mealtime.

## MATERIALS

- ☐ Pens and markers
- ☐ Flip chart or whiteboard
- ☐ A Guide for Positive Table Talk written on poster paper

## HANDOUTS

- ☐ Air popped popcorn
- ☐ Popcorn seasonings - see examples
- ☐ Snack bags for popcorn
- ☐ Optional: Talk Together bowl, Conversation Starters

## OVERVIEW

*This activity introduces youth to communication guidelines. Youth practice and discuss communication skills using guidelines for good communications.*

## INTRODUCTION

Tell youth, “We all like to share news and stories with each other. Communication is sharing ideas or information between people.

We communicate by talking, writing, listening, and watching with our eyes.

Talking with your families allows you to share what happened during the day and learn about each other.

Sometimes things interfere when we are trying to communicate.

Today we are going to practice talking and sharing. We will learn guidelines to share news and stories or communicate with others.”

### Do:



Ask youth, “Who likes pizza, and what do you like about it?”

**Note to leader:** Do not specifically ask children to raise their hands. This assumes the children will spontaneously start talking, not listening to one another.

### Reflect:

- Ask someone in the back of the room what another child liked in the front of the room.
- Call their attention to the fact that everyone talking at once made it difficult to communicate. It is hard to hear. You cannot tell who is saying what.

What do you think should happen to make sure everyone has a chance to communicate? Examples: take turns talking, make sure you have each other's attention, use good listening skills, tell the speaker

what you heard in your own words, encourage each other, and be respectful and open to new ideas.

### Apply:



*Let's try this again. This time, raise your hand if you like pizza and I'll call on you to tell us what you like. Get a few responses, and then ask a child in the back to tell what the child in the front likes about pizza.*

- How was that different from the first time you tried?
- Are there any other ideas you would like to add to our list to make it easier to talk with your friends and family?
- What did you learn today that you will try at your family mealtime?



## ACTIVITY

### *Popcorn bar*

Air popped popcorn with a selection of seasonings.

Kids measure spices for seasoning mixtures.

If lesson is taught in conjunction with parent lesson, have youth gather and measure ingredients needed for Kebab Sparklers recipe. Families will put together Kebab Sparklers.



*As kids eat popcorn, ask them what they like to talk about at mealtime.*



*Write down their ideas on white paper to share in family session, if scheduled.*

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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 EXTENSION



# Popcorn Bar

## SUGGESTIONS FOR POPCORN SEASONINGS

- Parmesan cheese
- Brewer's yeast
- Herb mixture (oregano, basil, and thyme)

### PARMESAN NACHOS

*\*refrigerate after use*

- ½ cup parmesan cheese, grated
- 1 teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon pepper

### CHEESY BBQ

*\*refrigerate after use*

- ¼ cup parmesan cheese, grated
- 2 Tablespoons butter, melted
- ½ teaspoon chili powder
- ½ teaspoon garlic salt

### PIZZA POPCORN

*\*refrigerate after use*

- 2 teaspoons garlic, minced
- 2 teaspoons Italian seasoning
- 1 teaspoon paprika
- ⅛ teaspoon pepper
- ¼ cup parmesan cheese, grated

### APPLE SPICE POPCORN

*\*refrigerate after use*

- 3 Tablespoons melted margarine
- 2 Tablespoons granulated sugar
- 1 teaspoon apple pie spice, cinnamon or pumpkin pie spice
- 1 teaspoon salt

## RESOURCES

<http://contentinacottage.blogspot.com/2011/05/20-popcorn-seasoning-ideas-and-recipes.html>

<http://pbskids.org/lunchlab/#/food/recipe/8>

