

# My Childhood Supper Table

Get together with 1 to 3 people and share the important facts in your life at age 7. Focus on your supper table—the place where you ate your nightly meal. Let your partner interview you like a talk show host for *This Is Your Life*. Switch roles until everyone has been interviewed.

1. When you were 7 years old, where were you living?
2. What was the shape of the table where you ate your evening meal: Round? Square? Rectangle?
3. How often did you eat together as a family: All of the time? Most of the time? About half of the time? Seldom? Almost never?
4. Where did you sit? Who else was at the table and where did they sit?
5. Who did most of the talking? About what usually?
6. How would you describe the typical atmosphere at the table: Relaxed? Tense? Quiet? Exciting? Dull? Peaceful? Crazy? Rushed?
7. Did anyone say the “blessing”? If so, who?
8. Who reached out to you and always included you in the conversation?
9. What is your favorite or best memory of your childhood supper table?

**FEEDBACK:** If there is time, let your partner respond by finishing these two sentences:

1. Your childhood table was a lot like mine ...
2. Your childhood table was different than mine ...

