

connected tech-free zone

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REAL CONNECTION IDEAS

- **HIGH/LOW:** Ask each person to share a high and low point of their day.
- **PRAY:** Share prayer requests and praises with each other. Take time to pray together for the requests mentioned and thank God for the praises.
- **TALK ABOUT IT:** Invite each person at the table to share one thing that they are excited about the upcoming day or week.
- **DREAM:** Have each person describe one fun activity he/she would enjoy doing together as a family. Write down the ideas and put them in a jar for a drawing at the start of your next family time.



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INSTRUCTIONS

This is a table-top reminder to shut off all electronic devices during mealtime.

Use the Real Connection Ideas to prompt fun conversation around the table.