



## Create a Dinner Chatterbox!

Annessa Chumbley, RD, and owner of Flourish! Shared a great idea with FitCity on how to make dinners fun for the whole family. Buy or recycle a small cardboard box with a lid and have your kids decorate it. Then have every member of the family write questions on notecards to discuss at dinner. Draw one card out of the Chatterbox for each family dinner and start chatting!

Here are some of the great questions suggested by FitCity's followers on Twitter as part of the bimonthly IndyFitChat.

### Chatterbox Questions

- If you were an animal, what would you be and why?
- If you could meet one President, who would it be and why?
- What are three things you want to do this weekend?
- What was the best/worst part of your day?
- If you could be credited for making one invention, what would it be and why?
- Where was your favorite family vacation and what did you like best about it?
- How did you make someone smile today?
- What did you eat at school/daycare and what did you like about it?
- What movie could you watch over and over again and why?

Send your own Chatterbox Questions to [comments@fitcityindy.org](mailto:comments@fitcityindy.org) and we will add them to the list. To be a part of an upcoming IndyFitChat, follow [@fitcityindy](https://twitter.com/fitcityindy) on Twitter and join the conversation on the second and fourth Tuesday of every month at 7 p.m. (Eastern Time).

[www.fitcityindy.org](http://www.fitcityindy.org)

