

IDEAS FOR SCREEN-FREE MEALTIMES

Young Children
(4 - 6 years)



Goals: Build imagination and conversation skills while encouraging family connection

Ideas & Games:

- Food Story Game: Each person adds one line about the meal —“Once upon a time, a broccoli met a brave rice grain...”
- Mystery Bite: Take turns guessing a hidden ingredient from the dish using only clues.
- Shape Spotting: “Who can find a circle, triangle, or heart shape on their plate?”
- Chef’s Helper: Assign easy jobs—setting the table, pouring water or serving fruit.
- Mealtime Gratitude Jar: Write or draw one thing you enjoyed about the day on small notes to keep in a jar.

Tip: Use placemats or coasters decorated by your child for a sense of ownership and routine. Replace TV noise with calming background music.