WORKSHEET 21: Human-First Dinner Protocol (Advanced)

ADVANCED: HUMAN-FIRST DINNER PROTOCOL

[All Ages | Unique] - Ethical Foundation (E) & Legacy Scaffolding (L)

MATERIALS:
A basket for devices, a candle, and a conversation starter jar.

PURPOSE:
To re-establish human hierarchy by making dinner a sacred, tech-free time. This activity teaches children that family comes before screens and that human connection is the most important technology.

INSTRUCTIONS:

Step 1: Every evening, place a basket in the center of the dinner table.

Step 2: Before sitting down, every family member places their devices in the basket (including parents!).

Step 3: Light a candle to mark the beginning of "Family Time."

Step 4: Use a conversation starter: "What was the best part of your day?" or "What did you learn today that surprised you?"

Step 5: The goal is 30 minutes of tech-free dinner. If you achieve this, earn a badge (draw a star on the calendar).

Step 6: Aim for 7 consecutive days.

Step 7: Record your findings below.

Dinner date: _____

Did we place all devices in the basket? Yes / No

Did we light the candle? Yes / No

Conversation starter question: _____

One answer from the conversation: _____

Badges earned: _____ out of 7 dinners

From: THE IDEAL FAMILY - Companion to The 20 Year Lag | Garamond 12pt 1.3 spacing | Non-commercial sharing permitted | Bridge Line Global Publishing 2026
