



TABLE TALK

Activity Discussion Guide

Starry Lunch-N-Fun

What are we doing?

We are preparing and serving lunch for children staying at the STARRY emergency home. The home provides temporary housing for up to 16 children that range in age from newborns to 17 years of age. STARRY, a Round Rock-based agency, provides counseling and foster care services, an emergency shelter and also operates a homeless/runaway youth program. After lunch, we will spend some time visiting and playing with the children residents.

Why are we doing this activity?

It's important to help others that need help, especially children who may not be able to care for themselves. And, not just people we know, but those people we don't know, too. One of the best ways to learn to help others is *by helping others* and we're doing that by volunteering to prepare and serve lunch and to spend some time making new friends with the children of STARRY. Everybody enjoys company, especially children. And they love playing with other children, too. By volunteering at STARRY, we are bringing smiles to the faces of the children staying there.

What will we be learning?

- Compassion and respect for children who are away from their own home for a little while
- How to make a meal for a large group
- Basic cooking skills like how to measure, pour, stir, cut etc.
- Teamwork and following directions
- Helping others can be fun!

What is a volunteer?

A volunteer is someone who gives their time, effort and talent to a need without being paid money. Volunteers help build strong communities.

What do you think?

Get your child's thoughts on the activity before and afterward – what else did he/she learn or observe? How did it make him/her feel? What was the best part of the activity for him/her?