

Friday Night Recharge

Reboot + OneTable

This year, Reboot and OneTable are joining together to help more people unplug from the chaos of everyday life and recharge their bodies and minds through The Friday Night Recharge, on March 1st, 2019 in conjunction with Reboot's National Day of Unplugging. We hope that you'll take this time for personal reflection and communal dialogue around the dinner table!

How do you and your guests recharge? Use these dice on the following page at your Shabbat table to *get the conversation rolling*.

Instructions

- Print out these sheets (The heavier stock, the better!)
- Cut out the dice
- Fold along the lines. Use glue or tape to build your dice
- Add the dice to your Shabbat table. Have guests roll to determine the next question.

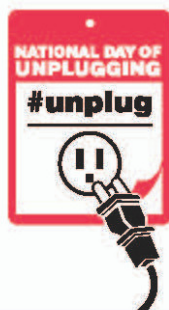
Have each guest answer the same question around the table when the dice are rolled.

OR

Have each guest roll for their own questions.

No dice?

- Cut out each question in the paper below and drop them into two hats and have guests pull out combinations around the table.
- Create your own ways of playing!



Where do you

When do you forget
to

Who helps you

What makes it hard
to

Why

Next week how can
you

Nurture your health

Show gratitude

Find balance

Recharge

Give back

Connect to loved
ones