I Don't Do Teens – A Taste of Chocolate – by Marcy Lytle

One Christmas we purchased a long skinny box of chocolates from Trader Joe's and it was also a game to guess the flavors of each chocolate in the box. Some tasted amazing and others were, well, horrible – but it was great fun to guess them all. Maybe they have those boxes at Valentines as well, I don't know. But it would be easy to purchase a box of chocolates of any kind, and after family dinner one night this month have a tasting of sorts…and let your teen prepare the fun!

Provide a box of chocolates and a knife, so that each piece and be cut for tasting. Be sure to get an assortment of different kinds (with a lid that tells what they are.) As he/she cuts and shares and you all taste, talk with each other and affirm and offer love and smiles and good words. Let the teens in the family do the cutting and the sharing. And give them this printout, and let them run the tasting event…

Chocolate with nuts – If someone is allergic, that piece has to be avoided. Can those who taste guess the kind of nut inside? Who's the nuttiest (funniest) member of the family? Give thanks and affirm what you love about that person.

Chocolate with caramel – That creamy center, but it also gets stuck in your teeth. Who loves it, and who doesn't, and why? We are all different, so let's affirm our differences. Who here likes country music? Who likes to watch football? Who likes to shop?

Chocolate with a cream center – This is rich and gooey, do we all like it? What is the flavor? Sometimes, chocolates taste amazing and other times we spit them out. It's fun to try new things. What new things does the family want to try this year?

Chocolate wrapped in foil – If there's one of these in the box there's sure to be a liquid center, and that's why it's wrapped. Unwrap it and cut it and taste it. Texture is sometimes important when eating. Take a poll of texture tastes in the family – who likes mushy food, who likes crunch, who likes smooth.

Chocolate squares - Did you know that the shape of the chocolate indicates what's inside? Want to take a guess? (It's always a caramel or toffee inside.) So if you only want a caramel chocolate, go for the square! Who knew this fact?

Chocolates that are lumpy – Obviously, these have what in them? Nuts! Easy to avoid if we don't like nuts, so skip on over and choose another.

The box of chocolates is full of an assortment so that hopefully everyone around the table can find something they taste and love. What were your faves? Ask everyone to share.

Our family is like a box of chocolates. Some nutty, some smooth and creamy, some full of surprises, but all worth showing the love. Let's affirm each other as we finish off the box and give thanks for the love we share.