

CONNECTION

bingo board

Complete 100 min./wk of intentional, parent-led connection activities for a relationship refresh with your child. If an activity does not seem like a good fit, you can exchange for another activity that takes the same length of time.

!:! Special-time (10 min)	Write a love note and put it in your child's lunch/backpack. (2 min)	Make a favorite surprise snack for your child. (5 min)	!:! Special-time (10 min)
Give your child a back massage or foot rub. (5 min)	Fingertip affirmation activity* (10 min)	Say, "I was just thinking to myself, how lucky I am to have you as my child." (30 sec)	Go on a short, !:! walk together. (10 min)
Seek your child out, give them a hug, and say, "I was just thiking of you." (30 sec)	!:! Special-time (10 min)	Ask your child to show or tell you something they are proud of. (5 min)	Say, "You make me smile." (30 sec)
Play a song for your child that reminds you of them. (5 min)	Create a secret handshake with your child. (3 min)	!:! Special-time (10 min)	Look through photos and tell stories from their younger years. (10 min)
Write a note of gratitude for your child and hide it under their pillow. (2 min)	Give your child a 30 second hug. (30 sec)	Say, "I like who you are." (30 sec)	Say, "I believe in you." (30 sec)

*Fingertip Affirmation Activity: Think of 10 positive words to describe your child, write the first letter of each word on your child's fingertip as you tell them why you chose it.

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Complete 100 min./wk of intentional, parent-initiated connection activities for a relationship refresh with your child. Choose your own activities and write them in the box on the bingo board which matches the length of time.

(10 min)	(2 min)	(5 min)	(10 min)
(5 min)	(10 min)	(30 sec)	(10 min)
(30 sec)	(10 min)	(5 min)	(30 sec)
(5 min)	(3 min)	(10 min)	(10 min)
(2 min)	(30 sec)	(30 sec)	(30 sec)