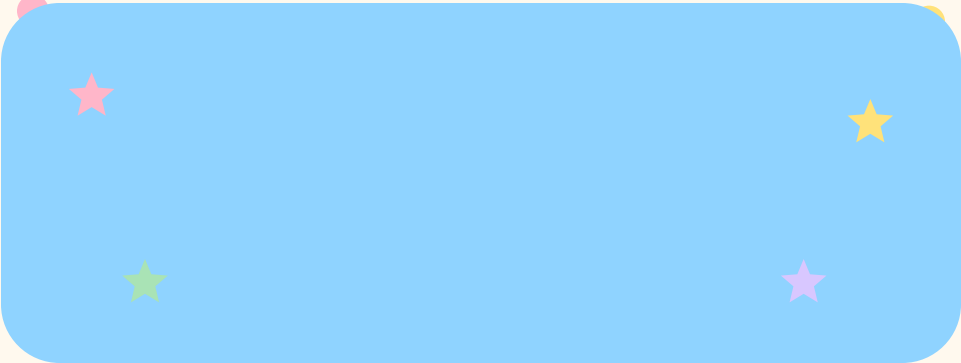
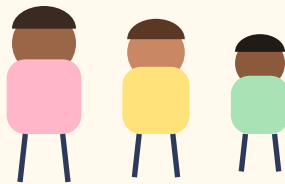




# Family Connection Challenge Pack

Play - Talk - Create - Connect



**Simple activities for meaningful family time**

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

# 7-Day Family Connection Challenge

Choose one small shared activity each day.

**MON**

Prepare a snack together

☐

**TUE**

Read one library book

☐

**WED**

10 minutes of child-led play

☐

**THU**

Take a short nature walk

☐

**FRI**

Make up a family story

☐

**SAT**

Build a fort or make music

☐

**Our favourite moment this week:**

---

# Choose Our Activity Cards

Cut out the cards and pick one together.



**Cook together**



**Build a fort**



**Visit the library**



**Take a nature walk**



**Make up a story**



**Child-led play**



**Create a family song**



**Start a feelings jar**

Adult note: Keep choices safe, affordable and suitable for your family.



# Family Nature Scavenger Hunt

Look, listen and talk about what you notice.

☐ Something yellow

☐ Something rough

☐ A bird

☐ A fallen leaf

☐ A small stone

☐ Something that moves

☐ A natural sound

☐ Something round

☐ A flower

☐ A cloud

**Draw or write your favourite discovery:**

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# Build-a-Story Round Robin

Take turns adding one sentence.

**Story starter: One morning, a tiny dragon found a red umbrella...**

**Who appeared next?**

---

**Where did they go?**

---

**What problem did they find?**

---

**Who helped them?**

---

**Our story title:**

---

---

# Create a Family Song

Choose simple words and repeat your favourite line.

**Our song is about:**

---

---

**Three words to include:**

---

---

**Our repeated line:**

---

---

---

**Our family movement:**

---

Songs do not need perfect rhymes. Keep the words simple, funny and easy to repeat.

# Gratitude & Feelings Slips

Cut out the slips and place them in a jar or box.

Something that made me smile...

---

Something difficult today...

---

Someone who helped me...

---

Something I appreciated...

---

Something I learned...

---

Something I want help with...

---

A family moment I enjoyed...

---

Something I hope to do...

---



# Bedtime Conversation Cards

Choose one gentle question. Answers are optional.

What made you laugh today?

What are you looking forward to?

Was anything difficult today?

Who was kind to you?

What should we do together soon?

Which song should we sing?

What made you feel proud?

What would help tomorrow feel  
easier?

A cuddle, quiet song or simple "I love you" can be enough on a tired night.



# One-to-One Special Time Planner

Keep it short, child-led and pressure-free.

**Our special-time activity:**

---

---

☐ Phone put away

☐ Child chooses

☐ Adult follows

**What my child enjoyed:**

---

---

---

---

**Something I noticed or learned:**

---

**Next special-time date:**

---



# Our Favourite Family Memory

Draw a moment you want to remember.

Draw here

**What happened?**

---

---

---





# Family Connection Certificate

Awarded to

---

for making me to talk, play, listen, create  
and enjoy meaningful family moments together.



 Date: \_\_\_\_\_

Signed: \_\_\_\_\_ 