

Connection Kit

Connection activities for children up to 7 years old.

Increasing the level of connection with your children will ensure that they are happier and healthier. The early years of a child's life are crucial to their development and future mental health and wellbeing as their brains are shaping and growing.

Texture hunt

Find things you like the feel of around your house. What don't you like? Try it blind folded!

Wave and smile

Sit at your window and wave and smile at all the people you see. How many wave and smile back?

Record the weather

Over the course of a week, how many different weather systems can you see from your window?



Mud and puddles

Pop on your wellies and enjoy jumping and squelching around. Enjoy it now - warmer, drier days will soon be here.

Zoom Pictionary!



Connect with loved ones and ask them to guess what you have drawn. Take turns to share your masterpieces.

Special meal 'in'

Create a 'restaurant at home'. Get dressed up and pretend you're going out. Takeaway or home-cooked, you choose - enjoy!

Share your day

At bedtime, share something that made you happy during the day. Parents - role model this for your children.

Create a special greeting

Think of a new way to greet people in your social bubble or on video calls.

Feel-good experience

Make a child-friendly [face mask!](#)

Think of others

Draw a bright spring picture and send to your local care home to cheer up the staff and the residents.



Say 'thank you'

Make and send a card to your local GP or vaccination centre to say thank you for keeping us safe.

Spring walk

Spring is coming! How many signs can you see that this true? Look for bulbs, flowers and buds on trees.



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