

PLAN FOR FUN

One of the best ways to connect with kids is simply to have fun together. Set aside some time to share activities that you can both enjoy, and make a commitment to honor that time. These activities are just a few examples of the ways you can spend time together. You can adapt them to your child's age by making them more complex or simpler, longer or shorter, and so on.

 Ask your children to circle the activities that appeal to them.

Cooking

Going to a zoo

Going on nature walks

Visiting a museum

Doing crafts

Bike riding

Reading

Skating

Playing board games

Gardening

Seeing movies

Going to the beach

Write down any other ideas here:

With your child, choose one of these activities and make a plan for when you will do it. Write it here, and then make it happen!

