

Let's Connect

INSTRUCTIONS

This page is a guide for the activity worksheets. Both parent and child will complete their own versions, but they're meant to be used together. Help each other out while you work!

Did you know?

A strong parent-child bond can boost your child's brain development!

When children feel loved and supported, their brains develop better and they have improved cognitive skills, emotional regulation and social abilities.

Color Together...

Connect with your child by coloring together! Here are a few conversation starters while you both color...

- What was the best part of your day?
- How do you like to spend time with you friends?
- What made you feel happy today?
- What was a stressful situation that happened today?
- What is your favorite family traditions?
- If you could plan a family day, what would you do?

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Guess My Drawing

Use this section to show your drawing skills and have fun!

1. Think of an animal – but don't say it out loud!
2. Without revealing it, draw it.
3. Take turns and guess each other's animal.

Let's Race & Find

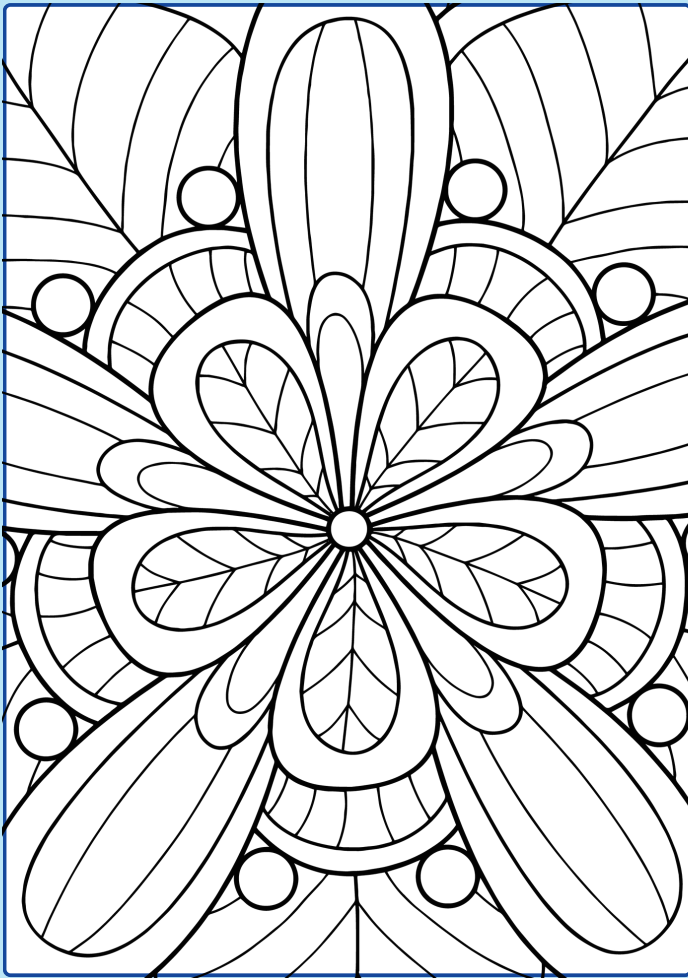
1. Race against each other.
2. See who finds all the items on the list first!

Questions for Each Other

1. Take turns asking each other the questions found in this section.
2. Take turns guessing each others answer.
3. Continue taking turns asking and guessing questions until you've gone through all the questions!

For this section, cut along the the dashed line and place the shapes facing down. Take turns trying to match each pair!





Let's Connect

Parent

Connecting with our Children

Connecting with our children is important because it helps us build a strong and loving relationship.

- Helps kids feel safe talking about their thoughts and feelings
- Makes the bond between parent and child stronger.
- Builds trust and helps children feel safe and cared for.
- Helps children feel good about themselves and believe in their abilities.

Did you know?

A strong parent-child connection sets the stage for a positive relationship. Spending time together and staying connected shows your child you're there for them. Small efforts can make a huge difference!

Questions for Each Other

What is my favorite color?

What is my favorite food?

What is my favorite animal?

What would be my superpower?

What is my favorite ice cream flavor?

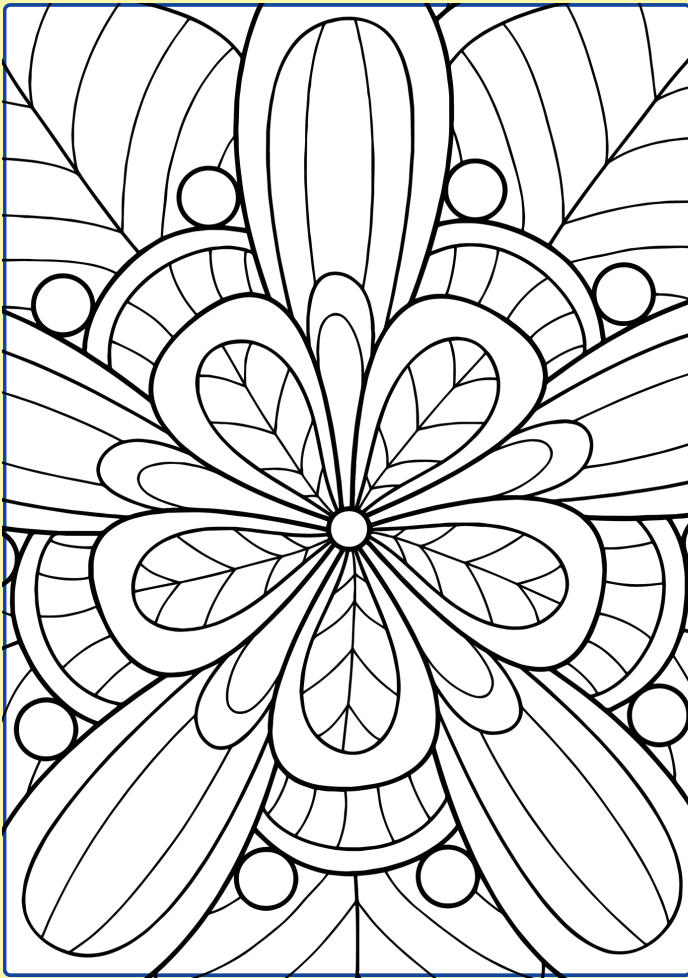
What is my favorite thing to do at home?

Let's Race & Find

- SOMETHING SOFT
- PENCIL
- SOMETHING ROUND
- TOY
- SPOON
- BLANKET
- HAIR BRUSH
- COFFEE CUP
- TOOTHBRUSH
- CRAYON
- SHOE
- SOCK
- BOOK

Guess My Drawing





Let's Connect

child

Connecting with our Parents

Connecting with our parents is important because it helps to build a stronger relationship with them.

- It builds trust between you and your parents.
- It helps them understand you better.
- It helps you feel safe and loved.
- It makes family time more fun and helps create happy memories you'll always remember.
- It strengthens your family bond by growing closer together.

Did you know?

Talking to our parents help us feel connected. If you're not sure how to start, try using the questions below to get the conversation going!

- What was your favorite toy when you were my age
- What's the silliest thing you've ever done?
- What's something you wish you could tell your younger self?

Questions for Each Other

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What is my favorite food?

What is my favorite animal?

What would be my superpower?

What is my favorite ice cream flavor?

What is my favorite thing to do at home?

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Guess My Drawing



