

5 connection-building activities for your 5-year-old

1

I Spy

"I Spy" is a playful way to build communication, encourage curiosity and create quality time with your little one. To play, take turns picking an object that you can see and help the other person guess by giving clues (like its color, size, or shape) to describe it!



2

An Obstacle Adventure

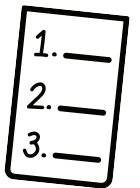
Making an obstacle adventure at home can help strengthen communication and trust, making it a great way to bond as a family. First, build an obstacle course with furniture, toys and other objects in your home or backyard. Pick one person to wear a blindfold and have everyone who is playing help guide the blindfolded person using clear, out-loud instructions. This game encourages teamwork as children learn to communicate and trust one another while taking turns guiding and being guided. It also helps develop listening skills and patience while bringing lots of laughter!



3

Nature Treasure Hunt

Collaborate creatively with this fun activity. First, take a fun outdoor walk with your child and work together to find natural treasures, for example, different types of leaves, a yellow flower, a flat rock. Make your own treasure hunt list! Once you've gathered your materials, head home and create a unique piece of art by gluing the items onto cardboard or poster board. This activity sparks creativity, encourages teamwork, and gets everyone outside exploring nature and as you collaborate to collect items and create art, you're building stronger connections through shared experiences, conversation, and creativity.



4

The What's Missing? Challenge

In this fun memory game, you will lay out a variety of items on a tray, like a pencil, eraser, or crayon, get creative! While everyone closes their eyes, one person will remove one item from the tray. Then, everyone will try to guess what's missing. This activity sharpens observation skills while encouraging conversation building connection by promoting shared problem-solving, all while creating enjoyable moments together!



5

The Play Pretend Playdate

You and your child can take turns pretending to be new friends, meeting for the first time, practicing introductions and asking questions like "What's your name?" and "Do you want to play?" You can use dolls and stuffed animals to make it even more engaging and imaginative! This activity helps children develop social skills and confidence while encouraging them to communicate and interact in a supportive way.

