Our Family Connection Menu

Choose small everyday ways to spend time together, without making any one option mandatory.

KID ACTIVITY | 08

Try it together (or skip any part)

1. Draw or write four low-pressure ways to connect.
2. Each person chooses one they might enjoy.
3. Try one and ask whether it worked for everyone.

Create, draw, or write your idea

There is no right answer. You may leave this space empty.

One thought to remember

Connection can look different in every family.

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A short guide for the grown-up supporting this activity.

Why this activity can be useful

Shared positive time can build connection; families can choose activities that fit their routines.

How to introduce it

Invite rather than assign: "Would you like to try a short activity together?" A child may point, draw, answer briefly, or decline.

Read one step at a time. Offer simple choices and follow the child's pace. Do not request stories about frightening experiences.

One possible conversation

“Would you like company, or some time to yourself?”

You might respond: "Thanks for telling me. You can change your mind or take a break."

Optional way to continue

Add an option that costs no money and needs no equipment.

When to pause

Stop if the child looks distressed, withdrawn, overwhelmed or asks to stop. Do not push to finish. Seek qualified advice for persistent concerns.

Safety boundary: This tool does not provide a home EMDR procedure, bilateral stimulation, or treatment for traumatic memories.

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