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**WEEK 3 CONNECTION**

Hey Parents,

Here is worksheet to help you build a stronger CONNECTION with your child!

On the worksheet, I challenge you to build CONNECTION with your child through the following activities:

Activity 1: Tag

Activity 2: Art

Activity 3: Hide-and-seek

Activity 4: Tickle time or Wrestling

Activity 5: Tae Kwon-do

Activity 6: Rock Concert

Activity 7: Dance off

The goal is to complete one activity per day and initial each activity on the worksheet to verify its complete. Post a picture of the completed worksheet on our parent’s Facebook group for a chance to win some cool prizes!

Have fun while building Parent SKILLZ 1: CONNECTION!

#parentskillz #ps1connection

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**CONNECTION Worksheet**

Child’s Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Complete the worksheet below within one week and post a picture of it for a chance to win cool prizes.

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| --- | --- | --- | --- |
| **CONNECTION**  **Activity** | **Details** | **Date completed** | **Parent**  **Initials** |
| Activity 1: Tag | The simple activity of running around boosts the ‘feel good’ chemical of endorphins! |  |  |
| Activity 2: Art | Create a piece of art together and proudly display it in your home or gift it to someone special! |  |  |
| Activity 3: Hide-and-seek | Take turns hiding yourselves or hiding objects for loads of family fun! |  |  |
| Activity 4: Tickle time or wrestling | Physical touch boosts the ‘feel good’ chemical of oxytocin. |  |  |
| Activity 5: Tae Kwon-do fitness | Working out with kicks and punches is a great way to get in shape! |  |  |
| Activity 6: Rock concert | Music is a great way to bond, regardless of if you have any musical skill! |  |  |
| Activity 7: Dance off | Dancing is a fun way to exert energy and let loose! |  |  |