

Five-Minute Connection Activities

The following table provides examples of ways to build connection that can be easily built into daily routine.

Five-Minute Connection Activity Examples					
Physical activities	Games	Creative/music	Self-care	Chores	"Talk" games/ activities
Balance feather	20 questions	Co-create a story (take turns saying a word/sentence)	Bake	Clean an area	"Book of questions "
Basketball	Alphabet game		Bath time	Do a piece of homework together	Cat videos
Dance off	Bubbles	Coloring	Brushing hair	Do chores in a playful way	Current events discussion
Dancing to a song	Card games	Coloring a mandala	Braiding hair	Gardening	Highs/lows
Going outside (walk, bike ride, throw a ball)	Come up with a special handshake	Do a puzzle	Cook	Get the mail together	Make a list of favorite things (movies, animals, etc.)
Jump in puddles with rain boots	Feelings charades	Finger painting	Cuddle	Getting-ready race	Name three good things about your day
Jump rope	"Guess what's different"	Gong/singing drum	Apply lotion	Job application/ visit a college website	Plan birthday
Pillow fight	Hand-clapping game	Listening to a song	Make a smoothie	Laundry folding train	Share a positive affirmation
Play with balloon	Hide and seek	Make a collage	Make an after-school snack	Prayer/ devotions	Rose/thorn or sun/cloud
Playing with pets	Hot and cold game	Make a stress ball	Make lunch	Set the table together	Sign language
Push ups/ jumping jacks	I spy	Name that tune	Get a massage	Take care of a pet together	Talk about something you look forward to
Red light/green light	Interactive game on phone	Origami	Paint nails	Unload dishwasher in a funny way	Talk about upcoming holiday
Skipping	Legos	Paper airplanes	Pick fruit		Tell jokes
Swinging	Lincoln logs	Read comics	Have tea, coffee, hot cocoa		Time to vent
Take the dog out	Make up a game	Read short book			Watch a YouTube video together
Throw Frisbee back and forth	Mirror game	Rhythm band			
Workout video	Playdough	Take selfies			
Yoga	Screaming contest				
	Shapes of clouds				
	Silly Simon Says				
	Staring contest (who laughs first)				
	Thumb war				
	Tic-tac-toe				

From Margaret E. Blaustein and Kristine M. Kinniburgh (2019, The Guilford Press). Copyright © 2019 by the authors. Permission to photocopy this material is granted to purchasers of this book for personal use or use with clients (see copyright page for details).