

10 Free Activities

to Connect With Your Child

1. Color with your child to create something beautiful!
2. Read a library book together.
3. Take a walk to a new park and play "I spy."
4. Tell your child why you love them.
5. Tell your child a funny story from your childhood.
6. Play your favorite music and have a dance-off!
7. Work together to complete a household chore—and have fun doing it.
8. Play dress-up, make funny faces, and laugh together.
9. Do something kind for a neighbor like helping bring in groceries or baking a snack.
10. Give your child a hug.



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inspiration, text
"FacingIt" to
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