

Child's Age: _____

Date: _____

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

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: Karate 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!		