Hang up photos of family members or create a family scrapbook.

Work on family projects together like a fort, puzzle, or a family garden.

Name something you have in common.

Make up a story and act it out with your dolls together.

Share observations about what gifts each family member has.

Tell a wickedly good family story.

Start brewing! Make a meal together and assign specific roles to each family member.

Play charades or have a dance party to some fangtastic music

CONNECTION & KIDS' MENTAL HEALTH

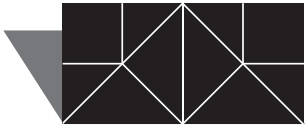
Children who feel connected to their families, their schools, their neighborhoods, or other meaningful groups develop a sense of belonging, which is associated with mental and physical health benefits.

A 2024 Kids Mental Health Foundation survey found that 50% of parents believe technology is getting in the way of their children connecting.

This connection craft is a fun way for parents and caregivers to focus on screen-free activities to build connections and teach kids strategies to help them build healthy connections and relationships.

CRAFTING CONNECTIONS TOGETHER

MONSTER HIGH PROJECT BELONGING | The Kids Mental Health Foundation™

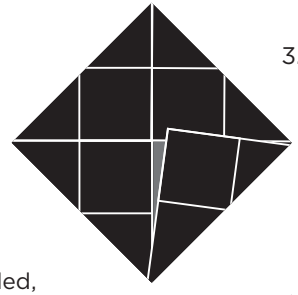


1. Begin by folding in half one way. Unfold, and fold in half the opposite way.

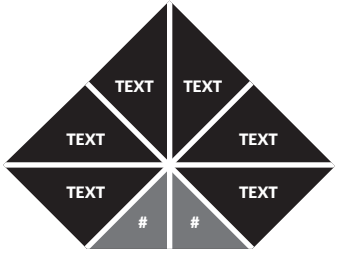




2. With the template completely unfolded, flip it over so that the blank side is facing up (pictures facing down).



3. Fold the corners into the center of the template (it may help to use your creases as guides for this fold)





4. Now flip the paper over again so that the parts that you just folded (the numbers) are facing down, and all the prompts are facing up towards you. Fold in each corner to the center again.



5. With the numbers die facing up, fold it in half, fold it in half so that the pictures are on the outside.



6. Slide your fingers (pointer and thumb of each hand) under each of the two flaps created by the previous fold. "Pop" out these flaps then push in to finish up!