

SCREEN-FREE CONNECTION BUILDERS



Children who feel connected to their families have a higher sense of belonging and mental wellness. However, a 2024 Kids Mental Health Foundation survey found that 50% of parents believe technology is getting in the way of their children connecting. We've come up with ideas to connect screen-free with your child. Together, you can pick an activity and spend a few minutes connecting each day.

Younger Children

- ☐ Explore a park or playground.
- ☐ Use your imaginations! Play house, super heroes or open a pretend restaurant.
- ☐ Have a dance party to fangtastic music!
- ☐ Build a fort or use blocks to create a castle or haunted house.
- ☐ Find things with different textures around your house and collect them. Describe how the different textures make you feel.
- ☐ Talk to them about their day and feelings while playing with their favorite dolls.
- ☐ Give your kid a bath (bubbles or toys welcome).
- ☐ Play a game in the car like License Plate Bingo or I-Spy.
- ☐ Take turns drawing something small on the same piece of paper connecting them together into a silly or spooky story.
- ☐ Take turns making up a story about their favorite dolls or stuffed animals.
- ☐ Toss or kick a ball between you.
- ☐ Get out a game or toy you haven't used in a while.
- ☐ What's your idea? _____

Older Children

- ☐ Play a board game.
- ☐ Cook or bake something fun.
- ☐ Build or create something together.
- ☐ Work on a jigsaw, logic, word or math puzzle.
- ☐ Take a hike, walk or bike ride.
- ☐ Play catch or soccer at a park.
- ☐ Have a conversation to get to know more about their day to day thoughts and feelings.
- ☐ Ask your child to teach you a dance move so you can dance the fright away.
- ☐ Find songs that your child likes and listen to them in the car or while you walk.
- ☐ Create together with paints, colored pencils or craft supplies.
- ☐ Go to a free event happening in your community.
- ☐ (Fill in) _____
- ☐ (Fill in) _____