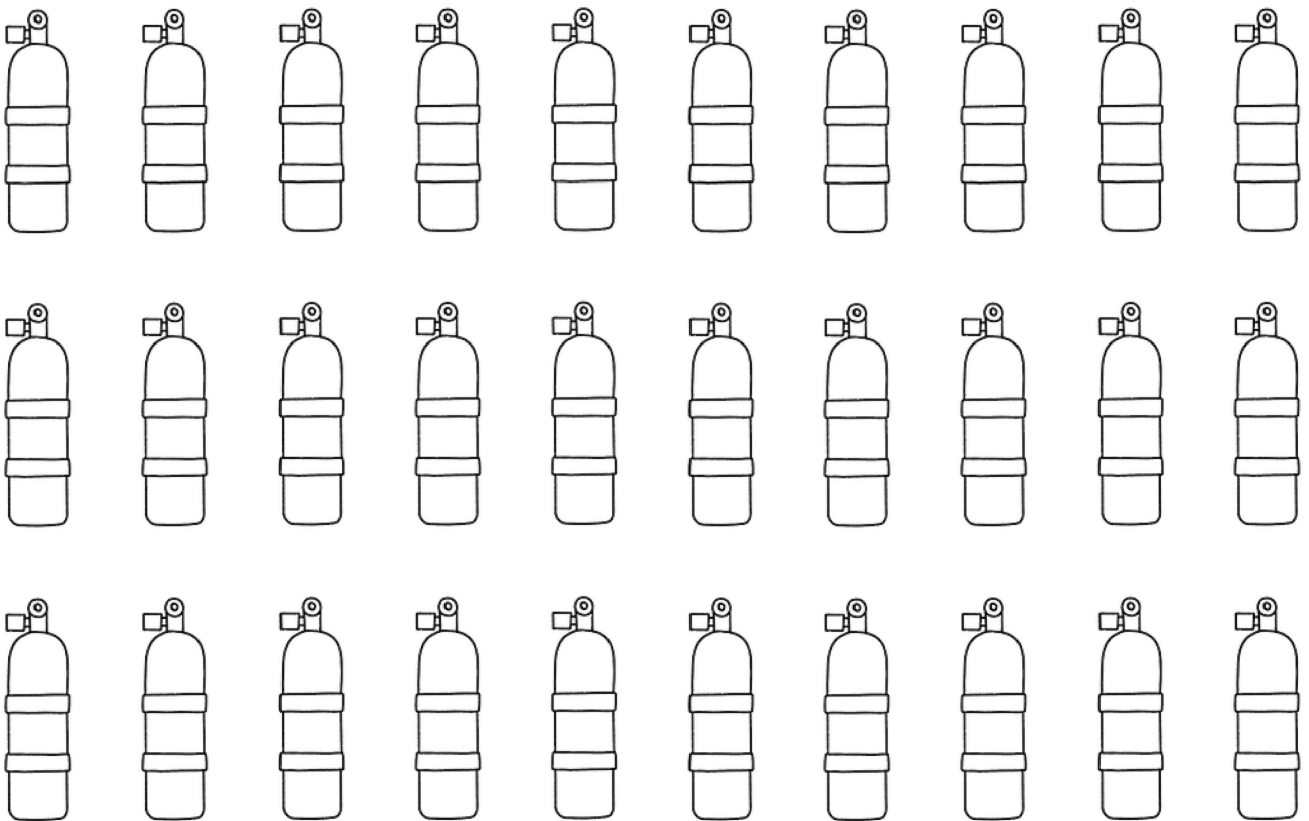


DEEP DIVE CONNECTION CHALLENGE

Fill Your Parent-Child Connection Tank

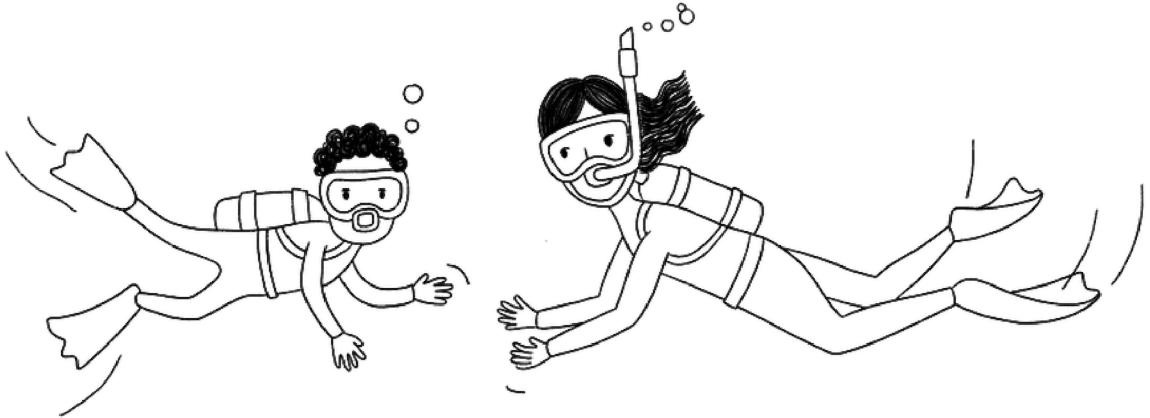


Colour your connection tanks using the key on page 2.

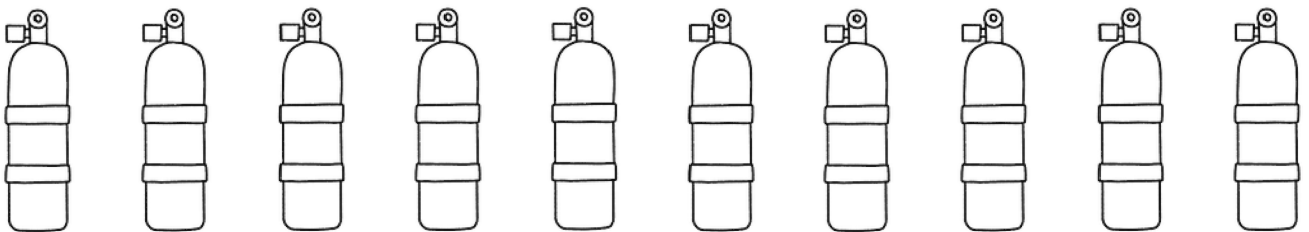
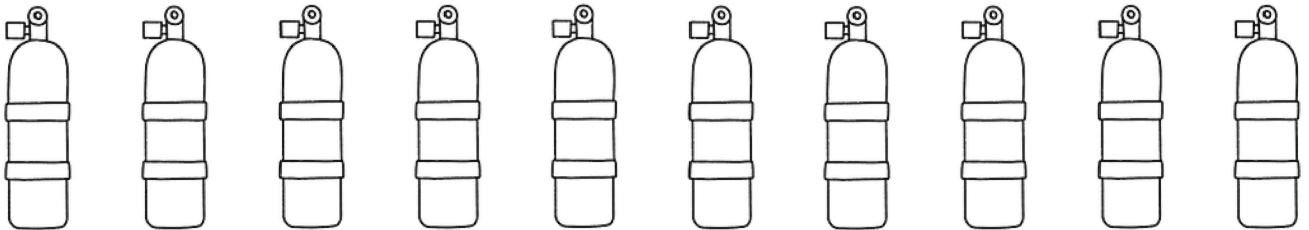
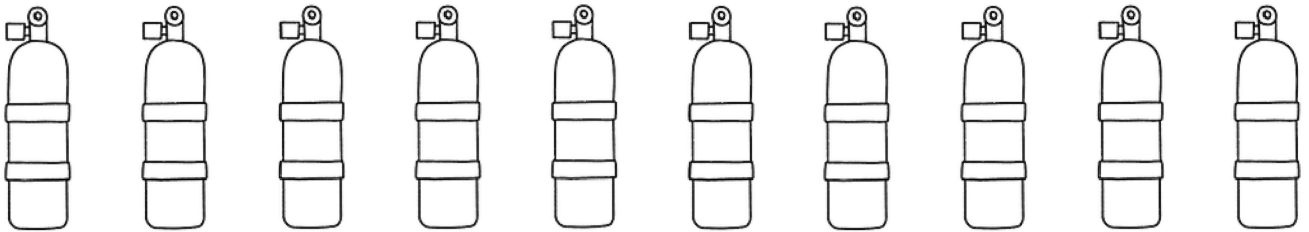


DEEP DIVE CONNECTION CHALLENGE

Fill Your Parent-Child Connection Tank



Colour your connection tanks using the key on page 2.



48 Ways to Fill Your PARENT-CHILD CONNECTION TANK

Connecting with your child is one of the most important things you can do as a parent. However, it can be challenging to find the time. The good news is that you can strengthen your bond by sneaking connection time into things you are already doing.

Here are forty-eight ways to strengthen your bond with connection wherever you are.

In-Between Time =



Colour one tank for each activity

- ☐ Send them a message
- ☐ Smile at them
- ☐ Share a photo or video
- ☐ Leave a note in their lunchbox
- ☐ Offer a hug or a squeeze
- ☐ Tell them a joke
- ☐ Tell them what you love about them
- ☐ Share a secret handshake
- ☐ Offer encouraging words
- ☐ Look them in the eye when they talk
- ☐ Sit beside them
- ☐ Keep a shared journal

While You Wait =



Colour two tanks for each activity

- ☐ Read a picture book
- ☐ Play tic-tac-toe
- ☐ Draw together
- ☐ Play a card game
- ☐ Play the alphabet game; find letters A-Z
- ☐ Share memories
- ☐ Solve a puzzle
- ☐ Play "Eye Spy"
- ☐ Play "Would You Rather?"
- ☐ Have a thumb war
- ☐ Challenge them to a tongue twister
- ☐ Play "Twenty Questions"

Daily Connection =



Colour three tanks for each activity

- ☐ Read together before bed
- ☐ Have a meal together
- ☐ Share your highs and lows
- ☐ Watch a show together
- ☐ Do chores together
- ☐ Play an evening game
- ☐ Cook dinner together
- ☐ Chat while you drive
- ☐ Make time for morning cuddles
- ☐ Do a daily gratitude practice
- ☐ Bath time (for younger children)
- ☐ Journal together

Planned Connection =



Colour four tanks for each activity

- ☐ Go geocaching
- ☐ Have a DIY spa day
- ☐ Build an epic couch cushion fort
- ☐ Take a day trip somewhere new
- ☐ Go on a bike ride adventure
- ☐ Learn a craft together
- ☐ Bake something yummy
- ☐ Plan a themed dinner
- ☐ Have a game night
- ☐ Write a story or comic book together
- ☐ Go stargazing
- ☐ Plan a fancy picnic

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The logo for Big Life Journal, with 'Big' in blue, 'Life' in green, and 'Journal' in red, all in a playful, rounded font.

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-Krista

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