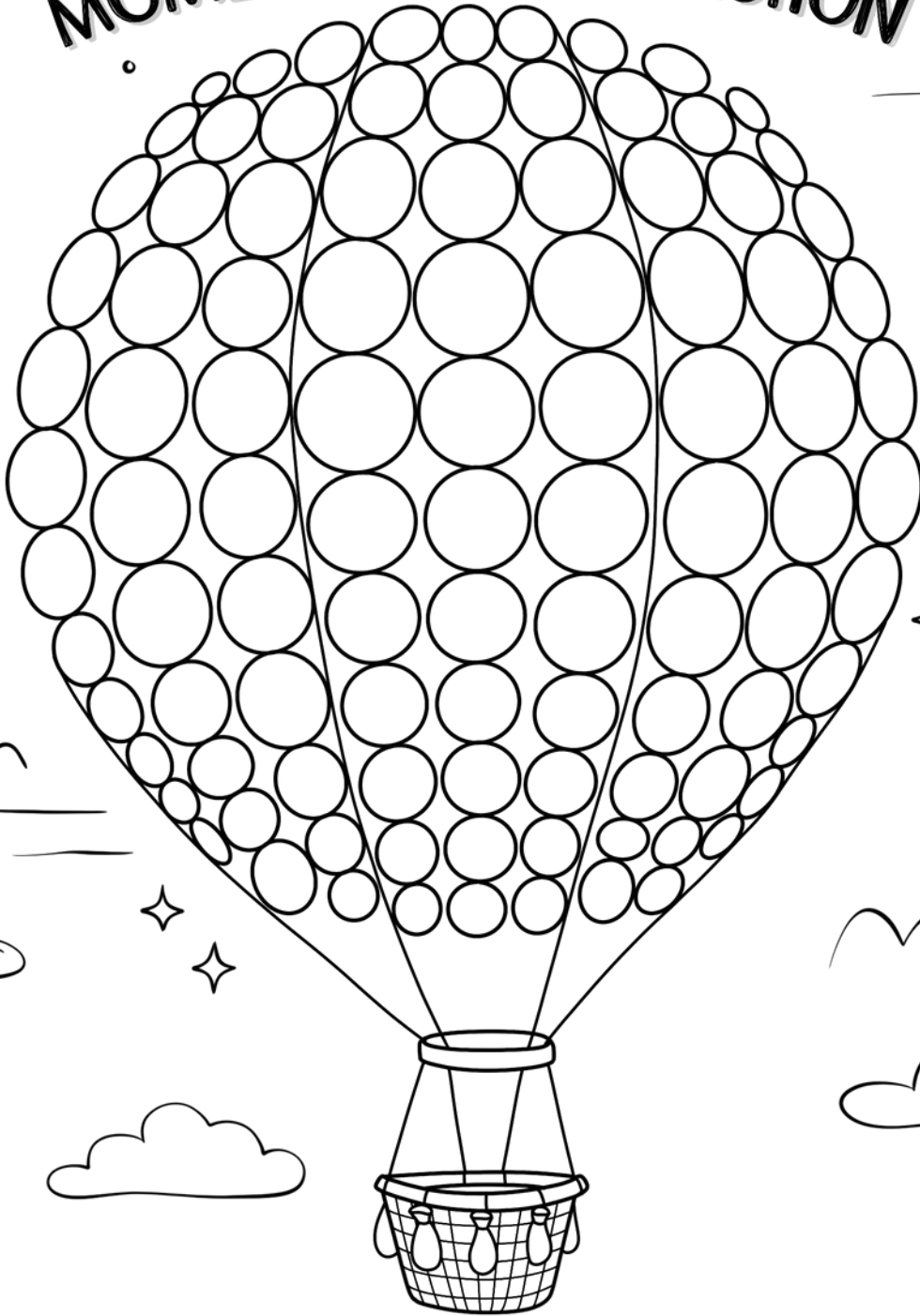
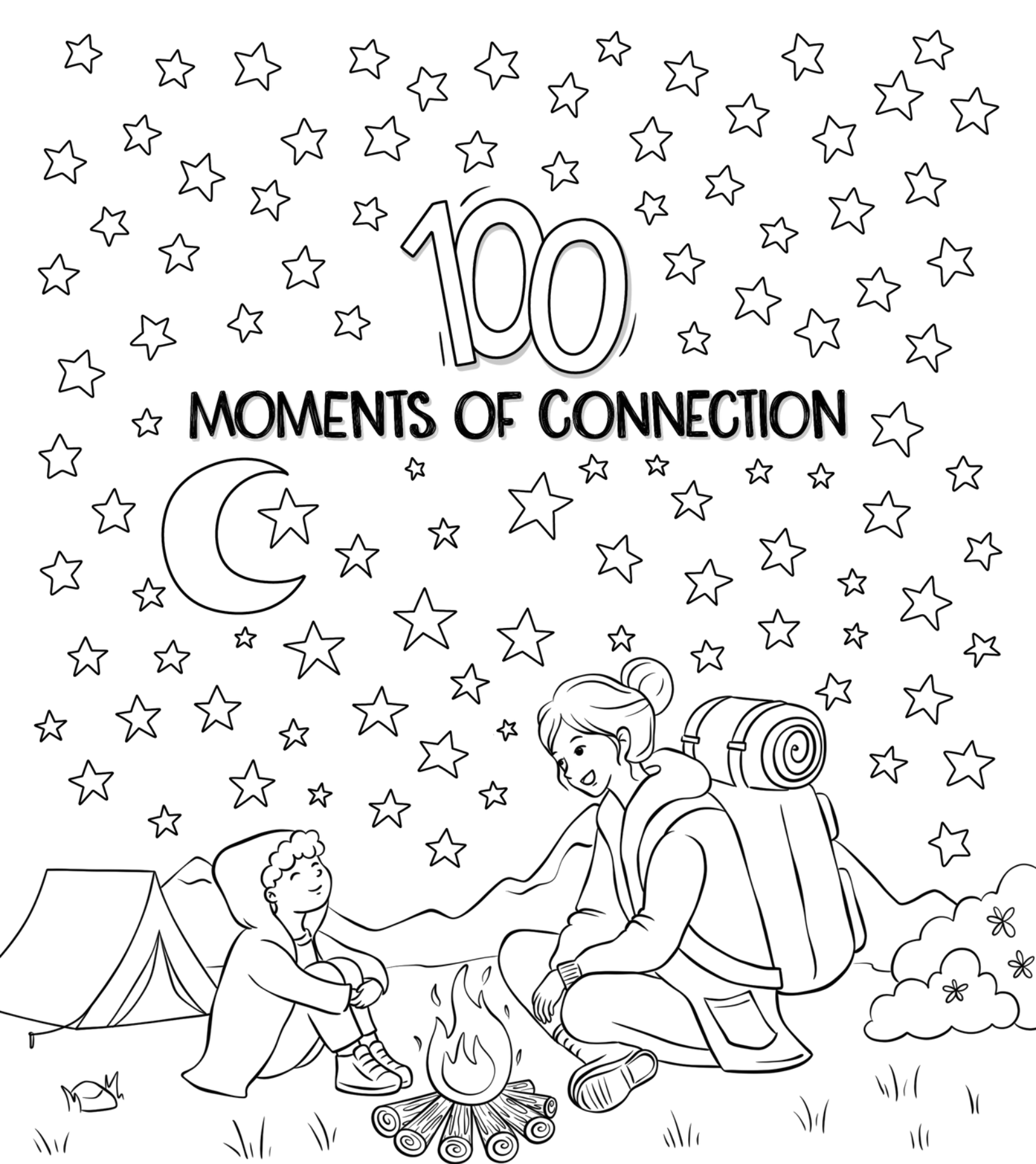


# 100

## MOMENTS OF CONNECTION



Color in one circle in the balloon for each moment of connection you share.  
Try to connect for all 100 moments—your time together will take you far!



Color in one star in the sky for each moment of connection you share.  
Try to connect for all 100 moments—your time together will take you far!

# 100

## MOMENTS OF CONNECTION



Color in one leaf on a tree for each moment of connection you share.  
Try to connect for all 100 moments—your time together will take you far!

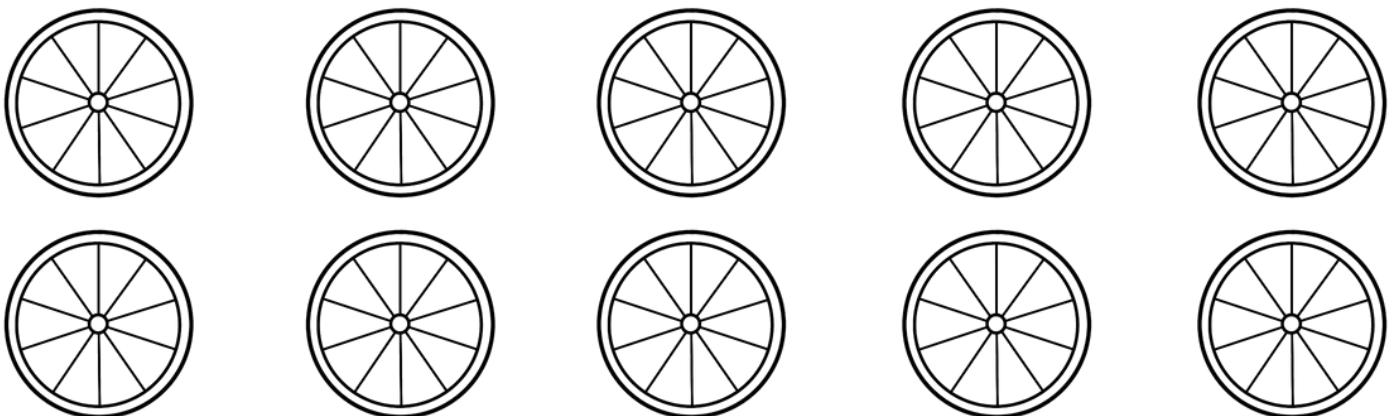


# 100

## MOMENTS OF CONNECTION



Color in one spoke on a wheel for each moment of connection you share.  
Try to connect for all 100 moments—your time together will take you far!



# 100 WAYS TO CONNECT

With Each Other in 5 Minutes or Less

Use this list for idea on ways to connect with each other.

Color a section of your tracker each time you connect to celebrate your moment together.

- ☐ Share a favorite memory.
- ☐ Dance to a fun song.
- ☐ Give a giant bear hug.
- ☐ Draw something silly together.
- ☐ Play rock-paper-scissors.
- ☐ Build a quick pillow fort.
- ☐ Tell a quick joke.
- ☐ Take turns making silly faces.
- ☐ Create a secret handshake.
- ☐ Read a short story aloud.
- ☐ Whisper something kind.
- ☐ Toss a ball back and forth.
- ☐ Look for shapes in clouds.
- ☐ Make a paper airplane.
- ☐ Write a kind note together.
- ☐ Solve a riddle or puzzle.
- ☐ Play 20 Questions.
- ☐ Play a quick thumb war.
- ☐ Try a tongue-twister challenge.
- ☐ Count how many hugs you can give in 30 seconds.
- ☐ Do a mini scavenger hunt.
- ☐ Trade back rubs.
- ☐ Race to pick up 10 toys.
- ☐ Give each other nicknames.
- ☐ Spin around and try not to fall.
- ☐ Teach them a clapping game.
- ☐ Share something you're proud of.
- ☐ Make shadow puppets.
- ☐ Share a secret (fun, not serious).
- ☐ Tap out a beat and copy it.
- ☐ Pretend to be robots.
- ☐ Sing a song together.
- ☐ Race to find a favorite book.
- ☐ Make animal noises and guess.
- ☐ Try spinning a coin together.
- ☐ Walk heel-to-toe across a room.
- ☐ Fold a simple paper boat.
- ☐ Look for hidden shapes in objects.
- ☐ Make a tiny parade with toys.
- ☐ Share a happy thought.
- ☐ Do a quick yoga pose together.
- ☐ Make up a nonsense word.
- ☐ See who can hum the loudest.
- ☐ Count to 10 in a funny voice.
- ☐ Do a surprise act of kindness together.
- ☐ Play peek-a-boo or hide hands.
- ☐ Color or doodle something tiny.
- ☐ Practice winking with one eye.
- ☐ Tap fingers to a drumbeat.
- ☐ Try a new snack.
- ☐ Imagine you're in outer space.
- ☐ Try saying tongue twisters fast.
- ☐ Play with a flashlight in the dark.
- ☐ Share a "dream day" idea.
- ☐ Pretend you're pirates.
- ☐ Stack items without knocking them.
- ☐ Match footsteps while walking in snow or sand.
- ☐ Create a 5-word silly sentence.
- ☐ Close eyes and name a smell.
- ☐ Try hopping on one foot together.
- ☐ Try a blindfolded taste test.

# 100 WAYS TO CONNECT

With Each Other in 5 Minutes or Less

Continued from page 1

- ☐ Try balancing on one foot.
- ☐ Write your names with your toes.
- ☐ Guess a sound with eyes closed.
- ☐ Find something the same color.
- ☐ Take a big, deep breath together.
- ☐ Walk like different animals.
- ☐ Try a staring contest.
- ☐ Say the alphabet backward together.
- ☐ Invent a superhero power.
- ☐ Go outside and look at the stars.
- ☐ Pretend to be dinosaurs.
- ☐ High-five as many times as you can.
- ☐ Look at old family photos.
- ☐ Do a 30-second silly dance.
- ☐ Make up a two-line poem or rhyme.
- ☐ Play “I Spy”.
- ☐ Trace hands on paper.
- ☐ Share one thing you love.
- ☐ Notice their progress aloud.
- ☐ Invent a new snack.
- ☐ Clap 3 times and name a color.
- ☐ Imagine you’re invisible.
- ☐ Make an animal shadow shape.
- ☐ Draw stars and name them.
- ☐ Share a happy moment of the day.
- ☐ Play freeze tag.
- ☐ Take turns adding new lines to an old song.
- ☐ Play “hot or cold” to find something.
- ☐ Organize something by color together.
- ☐ Play “guess that smell”
- ☐ Take turns saying words that rhyme.
- ☐ Talk about your child’s favorite movie.
- ☐ Hop over sidewalk cracks.
- ☐ Make a funny hat from paper.
- ☐ Pretend to “catch” an imaginary bug.
- ☐ Share your favorite animal noise.
- ☐ Jump up and yell “Hooray!”
- ☐ Try to walk like crabs.
- ☐ Invent a short, fun story.

✧ \* These small actions help you create meaningful moments together and develop a bond that lasts a lifetime! ✧ \*

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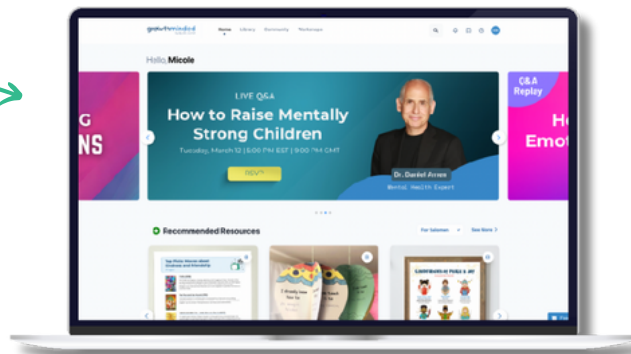
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