

10 MINUTES TOGETHER

Connecting with our kids improves their emotional, cognitive, physical and social development.
Connecting with our kids helps moms, to feel more calm, less stress, more confidence and more happiness.
Connection helps everyone, and you can do it in just 10 minutes a day!



100 Ways to spend 10 Minutes Together with your child

1. **ASK YOUR CHILD what they would like to do!** Follow their lead. Go all in with full attention and enthusiasm!
2. **TALK** – Time together should almost always include talking. Ask questions, listen attentively, be engaged and validating; and sometimes, sit quietly and just be together.

Creative Play

3. Dress up
4. Have your child paint your face
5. Go on an imaginary adventure through a forest/ocean/busy city/ outer space/desert
6. Make up a special handshake
7. Build a fort
8. Play family or baby dolls
9. Set up a stuffed animal pet shop
10. Hold a fashion show or pop concert
11. Play “the ground is lava”
12. “What if”, talk about crazy scenarios like “what if your arms were tentacles or your hair was spaghetti?”

Go Outside

13. Go on a walk
14. Ride bikes
15. Visit a park (climb, swing, run, hang)
16. Draw a chalk line around your street and follow the path on your bike/skates/skateboard or feet!
17. Water play with the hose or sprinklers
18. Color scavenger hunt outside (find something blue...)
19. Look for bugs
20. Make nature dolls (grass, leaves, sticks)
21. Lay on your back and watch for birds or clouds.
22. Shadow tag (step on each other’s shadow)

Arts & Crafts

23. Color, side-by-side, in a coloring book
24. Draw pictures of each other
25. Use water to paint on colored paper or a chalkboard (mess free!)
26. Use marker to make squiggly lines then color in the shapes together
27. Construction paper collage (build a picture together)
28. Use felt & thread for a simple stitching project
29. Marshmallows and toothpicks structure.
30. Playdough monster faces/flowers/food.
31. Look through an art book or look up pictures from a famous artist and talk about what you like & dislike.
32. Sidewalk chalk art

Life Skills

33. Crack eggs and make breakfast
34. Chop veggies for a snack
35. Bake a treat, let your child manage the recipe, measuring & mixing
36. Wash dishes. Play with the water and bubbles
37. Fold and put away laundry while talking
38. Microwave indoor s’mores
39. Make lemonade or hot chocolate and sip.
40. Chef “taste test”. Have your child pick foods in the kitchen to have you taste with eyes closed.
41. Pet care. Play with, brush or wash your pet.
42. Draw on the window with dry erase markers, then clean it off.

Games

43. Play a board game
44. Do a puzzle
45. Play a card game
46. Rock-Paper-Scissors
47. Thumb war
48. Blow bubbles (dish soap and water)
49. Alphabet game (take turns saying words that starts with each letter of the alphabet in order)
50. Rhyming game (each person says a word that rhymes or picks a new word to start rhyming)

51. Tickle or wrestle
52. Play catch (football, frisbee, baseball)
53. Bounce a ball back and forth (basketball)
54. Yoga
55. Piggyback/horsie/airplane rides
56. Cartwheels and somersaults
57. Handstand contest
58. Workout together (teach them your workout and follow their lead)
59. Jump rope
60. Indoor hopscotch

61. Tell a story about when you were a kid
62. Read aloud from a chapter book
63. Use “Conversation Cards”
64. “Hi-lows”- share a high spot and low spot of your day
65. “Golden moments” – share one moment of your day when you felt happy and grateful
66. Print off Mad Libs and work together
67. Look up “jokes for kids” and take turns reading them aloud
68. Fill out a “getting-to-know-you” questionnaire and share answers.
69. Fill out a “getting-to-know-you” questionnaire for the other person and see if your answers are right
70. Start a “just us” journal in any spare notebook
71. Sing a silly song (Baby Shark forever!)
72. Listen to songs from their favorite singer, sit still or dance.
73. Look up lyrics to a popular song and sing together
74. Lip sync battle
75. Make up a song about your family or anything you see
76. Dance party
77. Watch a how-to dance video and practice the moves
78. Sing “la, la, la” up and up, as high as you can, then gas low as you can. Play matching pitching with voices, a piano or other instrument
79. Look up music from your teen years and listen together. Talk about memories of that music and your life at the time.
80. Have a “singing conversation”, regular topics but you have to be singing!

81. Cuddle and talk
82. Paint fingernails
83. Brush hair, braid, scalp massage
84. Hand soak and lotion massage
85. Foot soak and massage
86. Practice make up
87. Practice shaving
88. Face masks and talking
89. Mindful moments (close your eyes and say what you hear, taste, touch, smell. Find another spot and do it again.

90. Do something that is usually off limits
91. Play on the treadmill
92. Stay up late
93. Eat dessert, any time of day
94. Shouting contest
95. Shaving cream all over, rinse off after
96. Use the fancy glassware for a tea party
97. Make a potion of kitchen ingredients
98. Play with mom’s make up
99. Draw with pen on skin no one sees
100. Ask your child what rule they would break and do it!

Active Play

Stories & Talking

Music

Touch and Pampering

Break the Rules

