



Quarantine Bingo: Promoting Family Connection

See how many of these activities you can complete with your child. The goal is to build social skills, promote connection and build coping strategies to deal with the stress and change during the pandemic. Wishing you all well!

<p>Cook a meal with your child.</p> <p>Initial and date:</p>	<p>Ask your child to read to you.</p> <p>Initial and date:</p>	<p>Listen to music together. Sing along, harmonizing helps us deal with stress.</p> <p>Initial and date:</p>	<p>Practice mindfulness together: Take 10 deep belly breaths and notice how you feel.</p> <p>Initial and date:</p>	<p>Tell your child what you love about them.</p> <p>Initial and date:</p>	<p>Plant something and watch it grow.</p> <p>Initial and date:</p>
<p>Monitor how they use the internet on their phone or home computer. Discuss ways to be safe.</p> <p>Initial and date:</p>	<p>Share 3 things you are grateful for.</p> <p>Initial and date:</p>	<p>What are your family traditions? Create a new tradition during this time.</p> <p>Initial and date:</p>	<p>Exercise together. Do the '7 minute workout' or another form of exercise in your home.</p> <p>Initial and date:</p>	<p>Ask your child what they want to be when they are older. Talk about steps to meet their goals.</p> <p>Initial and date:</p>	<p>Make a list of all the things that are great about your family.</p> <p>Initial and date:</p>
<p>Play a board game as a family instead of a video game.</p> <p>Initial and date:</p>	<p>Take responsibility for a mistake you may have made and forgive yourself. Model this for others.</p> <p>Initial and date:</p>	<p>Celebrate small wins! Notice what others did right instead of what they did wrong.</p> <p>Initial and date:</p>	<p>Make artwork together. Draw, color, make a collage, act out a play...</p> <p>Initial and date:</p>	<p>Look through family photos and tell stories of when your child was young.</p> <p>Initial and date:</p>	<p>Have your child interview a grandparent about what it was like when they were little.</p> <p>Initial and date:</p>
<p>We are all feeling a lot of emotions right now. Talk about how you are feeling as a family and how you cope.</p> <p>Initial and date:</p>	<p>Play hide and seek.</p> <p>Initial and date:</p>	<p>Sit down for a meal together without the TV on.</p> <p>Initial and date:</p>	<p>Random acts of kindness. Do something nice for another member of the family and don't tell them you did it.</p> <p>Initial and date:</p>	<p>Learn something new: a dance, a craft, a phrase in another language. Learning together is fun!</p> <p>Initial and date:</p>	<p>Share joy with others. Put a sign with a positive statement or write a letter to a neighbor.</p> <p>Initial and date:</p>