

Bubble gum *o*e

Take out some gum and say it's bubble time. If the kids are young you guys can cut it up into pieces and teach them how to chew it and then spit it out into a container, this is lots of fun. If older you can teach them how to blow bubbles.

Materials: Lots and Lots of gum and something to spit into

Mirror game

Sit facing your child and tell them they are your mirror so they look at you and if you move your arm then they move their arm to match. Be silly with it. After they get the idea you tell them now you are the mirror and they get to be the leader and do what ever they do. It is a great opportunity to make emotion faces and movements and then label them so that the kids can see and feel that and maybe even label those feelings later on.

Mirror game Drawing *o

You get two pieces of paper and two of the exact same color pens, markers or crayons and have them draw and then you try to draw it like they are drawing. If you are an awesome artist, the goal is to make it look like theirs not just really awesome. ie. if they are drawing a house, don't give suggestions on what to add or make yours have a balcony, just try to make yours like theirs, they will feel complemented. Their is connection in this type of mirrored play.

Materials: paper and matching pens

Puppets or small action figures

Take out your puppets or action figures and play with them with your kid. These are great to act out something that might happen or a pretend story. Depending on your child's ability you might have to make it funny or a great adventure, but they will catch on.

Materials: Small action figures or puppets, change up every now and then

Clothes Pin game: *o*e

To play you try to secretly clip a clothes pin on to the clothes of someone in your house. If they catch you, you have to say "You are the best spy ever!" and then they have the clothes pin and can put it on someone else or you in the house at anytime. If they don't catch you they get to clip it on someone else once they discover it. There is no end to the game and no winners, just lots of "spy" practice and family connection.

Materials: 1 wooden clothes pin

Silly String *o*e

Once your kids are good at spraying silly string, have them each agree to asking permission before they spray someone. Then give them each a can of silly string and have a fun battle. They need to ask permission and then they can spray the person. Let them spray you.

Materials: A can of silly string per person, an extra can to practice

Yoga *o*e

This is as simple as it sounds, do yoga together. You can do this one on one with your child or as a family. You can google kids yoga for videos to follow, or you can make up your own moves, or have your child make up the moves. You can also print out yoga cards at <https://wyqualitycounts.org/animal-yoga-for-kids/> . You can also video tape your child making an exercise routine and then you can do that together.

Materials: Yoga cards or video

The Sticker Game (Eyes):

In this activity you are trying to promote healthy eye contact. Take a whole bunch of little stickers and start putting them all over you. On your arms, and then on your face and then get them close to your eyes (you will get some eye contact). It's a fun silly game and then your child can put the stickers on themselves if they like.

Materials: lots of little stickers

Alphabet game:

In the alphabet game, you draw a letter on their back and they have to guess what it is. You can even do it with spelling words as a fun way to practice. It is just a small chance for you to promote healthy touch.

Weather game:

In the weather game, your child sits in front of you with their back to you. Draw "weather" on their back. That might mean soft, swishy rubbing for windy or the picture of a sun for sunny or light pounds for thunder. It can be anything, and as you are doing it you give the weather report in a weather reporter voice. Today it looks like there is lots of wind and rain and you give lots of finger moves on their back, but it looks like this afternoon their will be sunshine. And then do a movement for that.

The Sticker Game (Touch):

In this game you take the little stickers and give half to your kid and say we are going to sticker up. You put a sticker on me and I'll try to put it on you in the same spot. It is silly and fun and we both end up covered in stickers.

Materials: lots of little stickers

Matchbox Car Fun:

Have your child laydown and take a matchbox car and drive it over them. You make up a story as the car travels around them to different parts of the land (them). For example you can drive it on their legs and say the family is going on a trip to leg land to see their Aunt Linda or they are driving on head highway. I have even seen people take an old white t shirt and sharpies and draw roads and houses and a map on the back of it and drive the car on it. They can do it to you or you to them.

Materials: Match box car, T-shirt, permanent markers

Massage/Nail Polish: *o

You can have a small bottle of good smelling lotion and give hand massages if they will be okay with it. You could also give them a manicure or pedicure or let them give you one. You can use Youtube to work together to find out fun ways to do nails.

Materials: lotion/nail polish

Small Photo Album : *o

Its fun to get a \$1 store 4x6 album and fill it with pictures for your kid to look at when you want to connect. You can make them baby pictures of your kid, pictures of them doing activities they like, or even pictures of different family members. The goal is to look through it together and talk about it. You can also just have them sit on your lap and go through pictures on the ipad or on the computer.

Materials: Small photo album, 4x6 pictures

Hair Time: *o

Let your child do your hair and then also do theirs. If they are older talk about new hair styles and techniques and try them out on each other, again look up some fun things on youtube or TikTok. Even if it doesn't look great, it's fun to practice. You can also dye hair with semi permanent dye or spray or even dye that comes in a hair coloring Dye wax. It will be a fun thing for them to express their identity as well as give lots of healthy touch.

Materials: hair brush, hair dye wax or spray

Ticket for Fun: *o

Fill out your printed Ticket to Fun with your kid's favorite activity or hobby. (ie. 10 minutes of Beyblading, 10 minutes of playing the Switch together, 10 minutes of listening to your favorite music.) This really is a time when you are showing your kid that their interest is important and that you love when they are happy.

Materials: Printable Ticket of Fun filled out

Crafts: o*

Work on a craft together. Have everything all set up and make sure it is something age appropriate and that they will be interested in. Have all of the materials set up in a plastic bag so you can take it out whenever you need an activity.

Materials: a craft in bag

Pillow or Snowball Fight: *o*e

Take out the snowballs, pieces of paper, or pillows and have a fun "fight". I set a ground rule that everyone has to be smiling and if someone isn't we stop and help them feel better and then start again. They like getting all worked up. A calming activity afterwards maybe needed.

Materials: snowballs, socks, pillows, or scrunched up pieces of paper, waterballoons if hot out

Twin Markings: *o*e

A great connecting activity is matching. You can just choose to match in clothes or hats or some little accessory or you can get some ink. Use temporary tattoos to have the same one on you and your kid. Use henna to draw a tattoo on them and a matching one on you. Or you can henna their name in a heart on your arm, they really will love it.

Materials: henna kit or temporary tattoos

Flashlight: *o*e

This is great to take out and offer to read to your child under the blankets or in a fort. It's novel and you get to cuddle close and they feel like they are in a secret club. You can also play flashlight chase if you have two flashlights. Turn off the lights and have them move their flashlight spot on the wall and you try to catch it.

Materials: flashlight, blankets

Box of Baking Mix: *o*e

Get out a box of baking mix and make something together. Let them do as much as possible. Be okay with messy. Clean up together while you wait for it to bake. Eat it when it's done, even if it's before dinner time :).

Materials: Box of baking mix and eggs and oil (depending on what you are making, make sure you have these items before you choose this from the connection kit).

Cotton Ball Race - *o*e

You have cotton balls and straws. The object is to blow the cotton ball with the straw. It can be played in lots of ways. You and your child can each have a straw and put the cotton ball in the middle of the table and one is trying to blow it off one side and one wants to blow it off the other end., or work collaboratively to both blow the cotton ball off one side together. You can also use tape to make a "track" and try to blow the cotton ball through the track.

Materials: cotton balls, straws, tape

Deck of Cards: *o*e

Play a card game with your kid. You can also use the cards to build a house with. Have it fall a lot. A whole lot especially when you are first getting it together. And then say something silly like "snaglefrazzle" and keep building. Disappointment is hard for all kids, but especially kids with trauma, so whenever you can have low stakes practicing of disappointment is great!

Materials: deck of cards

Luxury bath: *o

You can go up to them and say "When I'm feeling upset I love a nice long hot bath." You can get the bath all set with a bath bomb, or bubbles, or bath salts. You can play music outside the bathroom and you can have a towel rolled up for them to lean back on. You can have bath crayons available if they are little and maybe even candles for older kids if you feel it's safe. Try to make it super special.

Materials: Bath bomb, bath salts, mask, bath crayons, candles, good smelling lotion, towel, and any special bath products

Miniboard games: *o

Get a mini connect four or battleship and you can sit across from each other or on the floor on your bellies (which is a great therapy position) and play. It causes lots of back and forth waiting and talking and eye contact.

Materials: Minigame

Band aids: *e

Take out the band aids and tell your kid about how you were hurt once as a kid and say sometimes you still think about it. Ask if they will put a band aid on your elbow or heart where ever the hurt is. Then ask your kid if they have a hurt they think about sometimes and where they think it still hurts. It could be a mean word and it hurt their head, or being left out and it hurt their heart, or it can be a real hurt, like when they broke their leg, but they still think about it. Then ask if you can put a band aid on in that spot.

Materials: Band aids, oh so many band aids

Novelty Item:*o

This is a fun surprise. I often pick up cool things at the dollar store, things I know my kid would like and I'll wrap one up and keep it in the Connection Kit. Then if you need a little something to get some interaction or a little pick me up you can take the item out and you have an activity. Little things that move are really good for this. Then you can move them towards each other back and forth. We've done Hex bugs before and wind up toys. Silly but fun.

Materials: Novelty Item, wrapping paper

Teach me something: *o

If your kid is in a good mood and you want to have some connecting time, ask them to teach you how to do something. It might be a couple of notes on their instrument, how to do something on their video game, how to bake something, how to draw something, something athletic, or something on the phone. Make sure that you ask with pleases and be a great student. This is very empowering for kids and they will really enjoy being the ones to take charge.

Video Time: *o*e

Suggest to your kid that the two of you make a video together. It can be silly or super serious, but make it fun. Make sure you are okay with them posting it if they are older and make sure that you are okay with not posting it if they don't want to, even if it's so adorable! Respect them on the internet and they will respect themselves.

Materials: Smart phone or tablet

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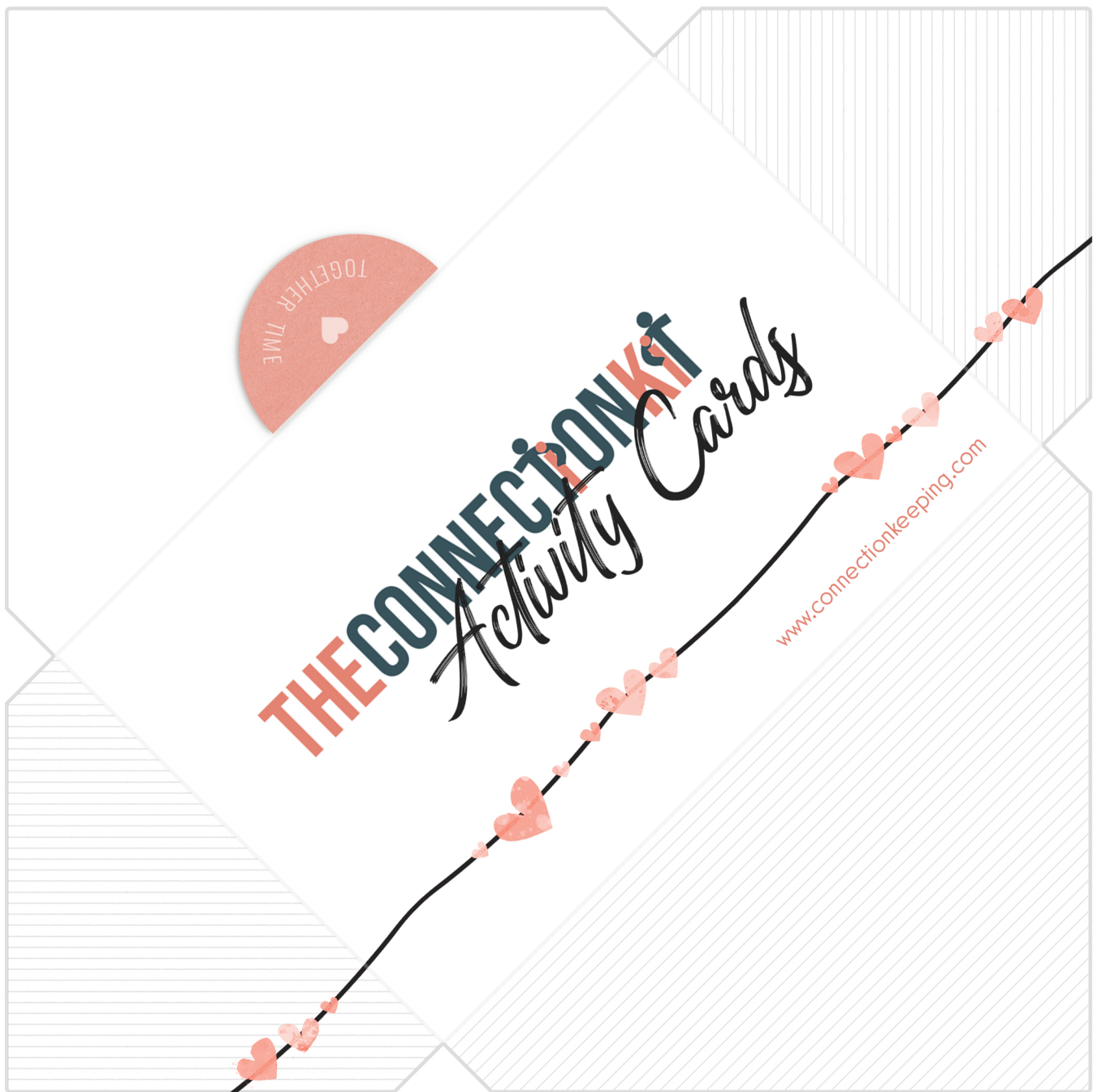
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- List of Materials:
- bubble gum, pen&paper, action figures/puppets, clothes pin, silly string, yoga cards, little stickers, matchbox cars, lotion, nail polish, small photo album with pictures of your kid in it, brush/comb/hair dye stuff, temporary tattoos/henna, ticket for fun, craft kit, snowballs, flashlight, baking mix, cottonballs&straws, deck of cards, mini gameboard, bath stuff, bandaids, novelty item.



THE CONNECTIONKIT