



Attachment - Regulation - Competency

Five-Minute Connection Activity Examples

Physical activities	Games	Creative / music	Self-care	Chores	"Talk" games / activities
Balance feather	20 questions	Co-create a story (take turns saying a word / sentence)	Bake	Clean an area	"Book of questions"
Basketball	Alphabet game	Coloring	Bath time	Do a piece of homework together	Cat videos
Dance off	Bubbles	Coloring a mandala	Brushing hair	Doing chores in a playful way	Current events discussion
Dancing to a song	Card games	Do a puzzle	Braiding hair	Gardening	Highs / lows
Going outside (walk, bike ride, throwing a ball)	Come up with a special handshake	Finger painting	Cooking	Get the mail together	Make a list of favorite things (movies, animals, etc.)
Jump rope	Feeling charades	Gong / singing drum	Cuddle	Getting ready race	Name 3 good things about your day
Pillow fight	"Guess what's different"	Listening to a song	Lotion	Job application / visit a college website	Plan birthday
Play with balloon	Hand clapping game	Make a collage	Make a smoothie	Jumping in puddles with rain boots	Positive affirmation
Playing with pets	Hide and seek	Make a stress ball	Make an after school snack	Laundry folding train	Rose / thorn or sun / cloud
Push ups / jumping jacks	Hot and cold game	Name that tune	Make lunch	Prayer / devotions	Sign language
Red light / green light	I spy	Origami	Massage	Selfies	Switch roles
Rock climbing	Interactive game on phone	Paper airplanes	Painting nails	Set the table together	Talk about something you look forward to
Skipping	Legos	Read comics	Picking fruit	Unload dishwasher in a funny way	Talk about upcoming holiday
Swinging	Lincoln logs	Read short book	Tea, coffee, hot cocoa		Tell jokes
Take the dog out	Make up a game	Rhythm band			Time to vent
Throw Frisbee back and forth	Mirror game	Take selfies			Watch a YouTube video together
Workout video	Playdough				
Yoga	Pokemon Go				
	Screaming contest				
	Shapes of clouds				
	Silly Simon Says				
	Staring contest (who laughs first)				
	Thumb war				
	Tic tac toe				