

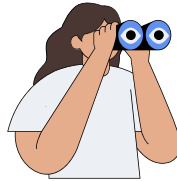
# Daily Connection Activities with Young Children (that take 1 minute or less)

## Hand Hugs



Softly put your hands together (like a high five) & “hug” with your thumbs and whisper “I love you”.

## Eye-See-You Binoculars



Make pretend binoculars over your eyes and say “I see you”.

## Silly Face Off



Have a 1 minute “silly face-off” and take turns trying to make the silliest face back and forth

## Sing a Fun Song



Make up a song about brushing teeth or putting on shoes while your doing your routines.  
(Bonus: kids love when it makes no sense, the sillier the better!)

## Follow their Lead Play



Get down to their level—even just for a minute—and follow their lead in their play & imagination.  
You’ll be amazed what a minute of focused following along can do.

## “Paint” their Back



Pretend to “paint” or “draw” on their back with your finger and narrate what you are drawing.

## Gentle Touch



A little hand squeeze, a back rub during storytime, or brushing their hair slowly—connection through calm, soft, safe touch.

## Whisper



Whisper something sweet or funny just to them. It builds trust, makes them feel special, and slows things down.

Or just say “i love you”