

April



Lets spend a month building connections through play



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hug for 1 minute. Take turns sharing one thing you love about each other while giving a big hug.	2 Emotion Check (5 min) Let your child "talk" to a stuffed toy about their day, then ask follow-up questions to build emotional awareness.	3 Dance Party 🕺🕴️ (5 min) Put on a favorite song and dance together!	4 Playdough Creations (15-30 min) Make animals, faces, or letters out of playdough.	5 Rock Painting 🎨 (15-30 min) Paint happy messages or designs on rocks and leave them in a park for others to find.
6 Kindness Coupons 📄 (10 min) Make small cards with "free hugs," "help with chores," or "movie night" to give to each other.	7 Mindful Breathing (5 min) Sit quietly, place hands on your belly, and take slow breaths together	8 Make Up a Secret Handshake 🤝 (5-10 min) Create a special handshake only you two know.	9 Hand Tracing Affirmations (15-20 min) Trace each other's hands on paper and write kind words inside each finger (e.g., brave, kind, funny).	10 Nature Walk & Scavenger Hunt 🌿 (20-30 min) Find different colours, textures, or sounds while walking outside.	11 Photo Sharing 📷 (15 min) Look at old family pictures together + share funny or happy memories.	12 Bake or Cook Together 🍪 (20-30 min) Make a simple treat together, like cookies or rice crispie buns.
13 Reflection 🌅 (5 min) Before bed, share 1 good thing from the day + 1 thing you're excited about tomorrow.	14 Feelings Charades 🎭 (10-15 min) Write emotions down (happy, sad, nervous) + take turns acting them out - other person guesses.	15 "What's in the Box?" Sensory Game 📦 (10 min) Put different objects in a box and let your child guess what they are just by touching.	16 Draw challenge 🖍️ (15-20 min) Sit accross from each and draw a picture of each other	17 Make a family playlist for the next kitchen disco 🎵 (15-20 min)	18 Build a Fort 🏠 (20-30 min) Use blankets + cushions to build a cozy fort, read a book or tell stories inside.	19 Chocolate Bunny Taste Test – Sensory Fun & Conversation 🐰 (10 min) blindfold each other & guess the type of chocolate by taste
20 Chocolate Egg Hunt – Kindness & Connection 🍫🐣 (30 - 40min) Try to find hidden eggs - when found do act of kindness and eat the eggs	21 Boardgame (20-30 min) play a fun boardgame or card game together	22 Story Swap 🗨️ (10-15 min) Start a story, child adds the next part, back and forth.	23 Family Photos (15-20 mins) Pick out your favourite photos and create an album or print some for a frame .	24 Bedtime Story with a Twist 📖 (15 min) Read a story but let your child change the ending!	25 Movie Night (1-1.5 hr) Choose movie and create cinema tickets, popcorn etc.	26 Surprise Note 📄 (5 min) Write a little kind note or drawing and hide it for them to find later
27 Thank You Call 📞 (5-10 min) Call a family member or friend just to say, "Thank you for being you."	28 Make a "Happy Jar" 🏺 (15-20 min) Decorate a jar and write down happy memories to add to it.	29 Blindfolded Drawing 🎨 (10-15 min) Take turns drawing while blindfolded + try to guess each other's pictures.	30 "April Connection Month" Celebration 🎉 (15-30 min) Look back at all the activities, talk about your favorites, and plan how to keep the connection going!			