Week 14

TRY THIS ACTIVITY:
Play tag together.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:
Play a game of basketball together.

TRY THIS ACTIVITY:
Cook your child’s favorite meal together.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:
During meal time, share with each other the best part of the day.

TRY THIS ACTIVITY:
Hula hoop together.

SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE

TRY THIS ACTIVITY:
Play one of your favorite childhood games together.
Week 15

Try this activity:
Share stories about the family.

Try this activity:
Do a puzzle together - large or small.

Try this activity:
Create a family tree out of paper leaf cutouts.

Try this activity:
Hug your child today.

Try this activity:
Blow bubbles together.

Try this activity:
Tell your child I love you, just because you’re you.
Week 16

**Focus 15: Spending 15 minutes with your child makes a difference**

**Try this activity:**
- Share stories about the family.
- Do a puzzle together - large or small.
- Tell your child four things you love about them.
- Watch a sunset together.
- Dance to music together.
- Have a play date with friends who have children the same ages as yours.
Week 17

**FOCUS 15**

**SPENDING 15 MINUTES WITH YOUR CHILD MAKES A DIFFERENCE**

**TRY THIS ACTIVITY:**

- Make lemonade together.
- Play jacks together.
- Take a selfie together.
- Play a simple game of “I Spy”.

HELP FOR PARENTS. HOPE FOR KIDS.