

# 5-MINUTE SPECIAL TIME IDEAS

Quick ways to connect, even on the busiest days

## AT HOME:

- Have a 5-minute dance party to one favorite song.
- Read a silly poem or picture book together.
- Build a "speed tower" with blocks or cups.
- Play a round of "Would You Rather?"
- Let your child pick a snack and prepare it together.

## IN THE CAR:

- Play "I Spy" with colors or shapes outside the window.
- Take turns making up a funny story one sentence at a time.
- Sing along to a favorite song.
- Ask a "Car Chat" question card.
- Guess how many red cars you'll see before the next stoplight.

## AT BEDTIME:

- Share one "happy thing" and one "hard thing" from the day.
- Do a quick back rub, hand squeeze, or silly handshake.
- Tell a 2-minute story about when you were their age.
- Pick a star out the window and make a wish.
- Say one thing you love about each other.

## REMEMBER:

Kids don't need big chunks of time to feel loved. A few minutes of full attention can make a huge difference in their day.

## STAY CONNECTED WITH MRS. MILLER, SCHOOL COUNSELOR

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