



FAMILY CONNECTION CHALLENGE

Raising Bears with Mrs. Miller



1 Give your child a genuine compliment.	2 Share a silly joke at breakfast.	3 Ask: "What was the best part of your day?"	4 Play your child's favorite song and dance together.	5 Write a surprise note and tuck it in their backpack.	6 Go for a short walk and notice things in nature.
7 Let your child choose tonight's family activity.	8 Do a 5-minute puzzle, game, or Lego build together	9 Ask: "What made you feel proud today?"	10 Share one story from your own childhood.	11 Eat a snack together without screens.	12 Let your child teach you something they know.
13 Ask: "What was something kind you did today?"	14 End the day with a hug that lasts 10 extra seconds.	15 Read a story together (even big kids like this!).	16 Ask: "What's one thing that made you laugh today?"	17 Draw or doodle side by side.	18 Tell your child: "I'm glad I get to be your parent."
19 Share a high and a low from your day.	20 Play a short "Would you rather?" game.	21 Do a chore together and make it fun.	22 Ask: "What's something you're looking forward to?"	23 Sit and listen without interrupting for 5 minutes.	24 Share a family memory and look at an old photo.
25 Ask: "Who did you enjoy spending time with today?"	26 Cook or bake something together.	27 Do a 2-minute breathing or calm-down practice together.	28 Write or draw what you're both grateful for.	29 Play a quick outdoor game (catch, tag, frisbee).	30 End the month by telling your child: "I love being your parent."