Parent Child Bonding

Click the buttons below to find the resource!

- Cooperative Drawing  Ages 3-10
- Calm Down Jar Activity  Ages 3-10
- Creative Expression Collage  Ages 8-18
- Parent Child Trivia Jam  Ages 8-18

Additional Resources

- Wide Open School
  Art and music based do-it-yourself activities that you and your children can engage with together.

- PBS for Parents
  Generate a list of activities for children ages 3-8 around various topics including: Social Skills, Emotions and Self Awareness, Arts, etc.

- What Moms Love
  A list of 87 activities that you and your children can do indoors at home for all ages.
Inspire your child’s creativity (and your own) by creating a mini challenge through the use of a camera and finding the joy in photography.

**Activity: Creative Expression Collage**

**Step 1 - Create List**

Write out 3 things for the other person to look for and capture within a photograph. They can range from specific to vague.

**Step 2 - Trade Lists**

Hand a list of 3 words to the other person. You are not allowed to explain the words. They are up to their interpretation.

**Step 3 - Take Pictures**

Think about the words on your list and try to capture the essence that tells the story of the chosen words. Use a separate picture for each word.

**Step 4 - Trade Pictures**

Reveal the 3 pictures taken to the other person. They guess which words fit the pictures.

**Step 5 - Create a Collage**

Take the 6 pictures and print them out to form a collage to hang on the wall until the next time you do the challenge. See how you can continue to up the difficulty and inspire creative use of photography.
Drawing can be a fun exercise to bond with your child. Determine which stage they are most comfortable with and begin at that level of drawing.

**Activity #1: Cooperative Drawing**

**Stage 1 - Parallel Drawing**
You and your child sit next to each other to draw with your own sheets of paper whatever comes to mind with no restrictions and no judgements.

**Stage 2 - Story Drawing**
You and your child sit next to each other to draw with your own sheets of paper, but the opposite person chooses what is drawn.

**Stage 3 - Shared Drawing**
Draw a line down the middle of a single piece of paper. You and your child draw on the same paper, but respect staying on each other’s side.

**Stage 4 - Associative Drawing**
Using a single piece of paper, you and your child draw your own ideas while moving past the middle barrier, still respecting what the other person is drawing.

**Stage 5 - Cooperative Drawing**
Using a single piece of paper, you and your child trade off drawing using the same pencil/crayon for 10 seconds at a time while you draw a single picture together.
Video: Calm Down Jar Activity

Not only is a calm down jar useful as a coping tool, it is a wonderful activity to do together with your child and/or family. Everyone can pick different colors and amounts of glitter. You can even use them in place of a talking stick or turn marker when playing together. One of my favorite times making these with families was when each member picked a different Hogwarts house theme to reflect. Try adding other objects inside and everyone from kids to adults will find it soothing and want to make more.
Having a chance to learn about your child and to provide them a little insight about yourself is always a sure fire way to start bonding.

**Activity: Trivia Jam**

1. **Step 1 - Create 5 Categories**
   - Think of 5 categories for you to formulate questions. Examples might be Music, Vacations, Hobbies, Relationships, etc.
   - **Examples:**
     - Music
     - Relationships
     - Pets
     - School
     - Video Games

2. **Step 2 - Create 15 Questions**
   - Create 5 questions in each category. Examples might include favorite band, first country visited, color of your first car, etc.
   - **Examples:**
     - Music
       - Favorite Band
       - First Album
       - Wedding Song
     - Favorite Band
       - 100
     - Color of first car
       - 200
     - How many majors in college
       - 300

3. **Step 3 - Assign Point Values**
   - Rank each question inside the category as easy, medium, and hard for 100, 200, and 300 points.
   - **Examples:**
     - Easy: 100
     - Medium: 200
     - Hard: 300

4. **Step 4 - Create a Board**
   - Using a white board or piece of paper, draw out a Jeopardy like grid with the chosen point values.
   - **Example Grid:**
     - Categories: Music, Relationships, Pets, School, Video Games
     - Points: 100, 200, 300, 400

5. **Step 5 - Take Turns**
   - Taking turns, each person gets 10 chances to pick a question to try and answer. Whoever has the most points wins.
   - **Example Scores:**
     - Kid: 200 100 100
     - Dad: 300 300
     - Total: 400 600