PLAY BREAKS

PLAYING TOGETHER AS A FAMILY

Family life can feel busy and full of routines, but when parents and children play together, something special happens: play becomes a shared space for laughter, communication and connection. This section is full of quick, easy play ideas that fit into real family life. Because family play is more than fun—it's a simple way to build lifelong emotional strength.



FAMILY GRATITUDE JAR

Each day, write or draw one thing you're grateful for and put it in a jar. Read them all together at the end of the week.

Why it helps
Builds positive connections and shared meaning.

Parent tip
Let your child decorate the jar.

2-5 min

Family Play Time



KITCHEN BAND

Use pots, spoons, and cups to create a family rhythm band.

Why it helps
Encourages cooperation, rhythm, and joy.

Parent tip
Let your child lead the tempo.

5-10 min

Family Play Time



SHADOW ON THE WALL

Using a flashlight or a phone light in a dimmed room, take turns using your hands or small toys to create shapes on the wall (e.g., create a bird shadow and flap your arms while tweeting, or shape a snake with your hands and hiss.

Why it helps
Sparks imagination and creates a calm, intimate environment for communication.

Parent tip
Ask "What does that shape look like to you?" and build a story around it.

5-10 min

Family Play Time



FAMILY HIGH-FIVE

Work together to invent a unique "secret" family high-five or handshake involving 3–4 different moves.

Why it helps
Creates a sense of belonging and a unique "family identity".

Parent tip
Use this handshake whenever you reunite after school or work to quickly reconnect.

5-10 min

Family Play Time



HUMAN MIRROR CHALLENGE

Draw a few simple "stick figures" on small pieces of paper, each in a different pose (one leg up, arms crossed, hands on the head, etc.). The adult picks a card, the child should quickly mirror the pose shown. Then switch roles.

Why it helps

Develops body awareness, balance & coordination as they try to match different positions. It also strengthens attention and observation skills.

Connection tip

Let your child be the "choreographer" and create their own complex stick-figure poses for you to try.

5-10 min

Family Play Time



FAMILY DANCE PARTY

Pick a song and dance together. Silly moves encouraged.

Why it helps

Creates shared joy and releases tension.

Parent tip

Let your child choose the songs leading the play.

5-10 min

Family Play Time



DRAW IT TOGETHER

Sit together with one large sheet of paper & some crayons or pencils. Take turns adding something to the same drawing (one detail at a time). There's no plan: the picture grows as you play together. You can turn it into a game by drawing without talking & guessing what the picture is becoming, or talking while drawing and telling a story.

Why it helps

Encourages cooperation, listening, self-expression and shared creativity.

Parent tip

Resist the urge to correct, follow your child's ideas & enjoy the process.

5-10 min

Family Play Time



TOY TALENT SHOW

(with Mini Home Theatre)

Create a theatre together, for example turning a cardboard box into a stage, or hanging a towel between two chairs. Each family member chooses a small toy (an animal, a car) & makes it perform on stage, singing, dancing, telling jokes, or doing something silly. Take turns being performer & audience.

Why it helps

Builds shared joy, creativity, communication, and confidence, encourages self-expression.

Connection tip

Follow your child's ideas & build on them.

15-20 min

Family Play Time