

# Connection Kit

**Connection activities for children up to 11 years old.**

Increasing the level of connection with your children will ensure that they are happier and healthier. These activities are designed to help children and young people connect with the past, present and future.

## Connect through STEM

Connect with your inner scientist, engineer and mathematician in [these exciting STEM activities!](#)



## Connect with myself

Keep a 7-day diary of the things that bring you joy.

## Connect with the planet

How much does your household reduce, reuse and recycle? [Make a plan](#) to help your family do their bit for the planet.

## Connect to my future

[Create a Goals Ladder](#), breaking down goals you want to achieve in the future.

## Connect with nature

Sign up to the [RSPB's Wild Challenge](#).



## Connect with animals

Research your local animal shelter and find out how you can provide help e.g. give a donation or help with a sponsored event.

## Connect with the environment

How many signs can you see that spring is on its way? Write down or draw what you notice.

## Connect with friends

Set up a video chat with your friends and play some online games.



## Connect with the past

It's been a very different year, but what parts have you enjoyed? Write them down so you have a record to look back on.

## Connect with family

Interview an older relative or family friend about what life was like when they were your age.

## Connect with classmates

When online with your classmates, take it in turns to play ['Two Truths and a Lie'](#).

## Connect with my locality

Connect with your neighbours and community by writing positive messages in chalk on the pavement or making window signs.



Please note, underlined text are hyperlinks to websites.

Thrive® is not responsible for the content on these websites.

Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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