

HANDOUT #2: EXAMPLES OF RELATIONSHIP-PROMOTING ACTIVITIES

Sensory rich **Action oriented** **Pleasurable**

- Going for a walk, hike or run together
- Cooking or baking together
- Games with eye contact like patty cake, peek-a-boo
- Find a swing or trampoline, and swing or jump the time away. Try different speeds or mimicking each other's moves.
- Brushing hair
- Playing sports where you have time alone and fun together like basketball, tennis, ping pong, etc.
- Eating together as a family, anywhere, everywhere
- Sharing all forms of music, especially singing, dancing, or drumming together
- Creating messy art together, like finger-painting and clay or playdoh
- Scream loudly in jubilation together, such as at a concert, a sporting event, or on a roller coaster
- Swimming, water fights, jumping into a wave or a lake together
- Read snuggled up or rocking together

