

FAMILY GAMES CONNECTION CHECKLIST



QUICK GAMES FOR OVERWHELMED DAYS

- Would You Rather? (Silly Edition)
- The Floor Is Lava
- 20-Second Dance-Off
- Quick-fire "Name 3 Things"
- One-minute tidy race

GAMES THAT HELP KIDS TALK ABOUT FEELINGS

- Feelings Charades
- "What Made You Smile Today?"
- Jenga
- Story Cubes
- Emotion card matching
- "Draw Your Day" doodle challenge

CLASSIC GAMES THAT NEVER FAIL

- Uno
- Snakes & Ladders
- Connect 4
- Guess Who
- Dominoes

MOVEMENT GAMES FOR MELTDOWN MOMENT

- Balloon Keep-Up
- Hide and Seek
- Obstacle Course
- Simon Says
- Musical Statues

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CALM EVENING & WEEKEND GAME

- Puzzles
- Dominoes
- "Draw What You Hear"
- Memory Match
- Build-a-story (each person adds one line)

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WHY THESE GAMES MATTER

Helps you reconnect without pressure

Breaks tension and resets the mood

Supports emotional expression

Creates memories that outshine the hard days

Reminds you you're doing a great job

A LITTLE REMINDER

You don't need to be perfect.

Your presence is enough.

Your laughter is enough.

You are enough.