

# In difficult times, let us connect

## Games to help you connect



### Introduction

## Games to help you connect

The games contained within this pack are designed to be fun and engaging with a variety of additional benefits to help you connect as a family. Information about the particular benefits for each game are listed on the reverse of the cards.

For more information, advice and resources, visit [beaconservices.org.uk](https://beaconservices.org.uk).



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## How are you feeling?



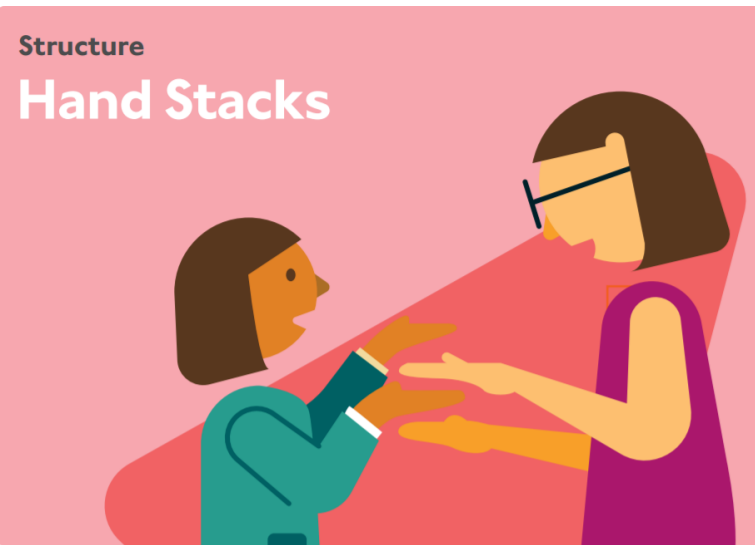
**SAFE**  
**EXCITED?**  
**CONFIDENT?**  
**COMFORTABLE?**

**STRUGGLING**  
**ANGRY?**  
**UNCOMFORTABLE?**  
**FRUSTRATED?**

**DROWNING**  
**ALONE?**  
**EMPTY?**  
**INVISIBLE?**



# In difficult times, let us connect



## Structure **Hand Stacks**

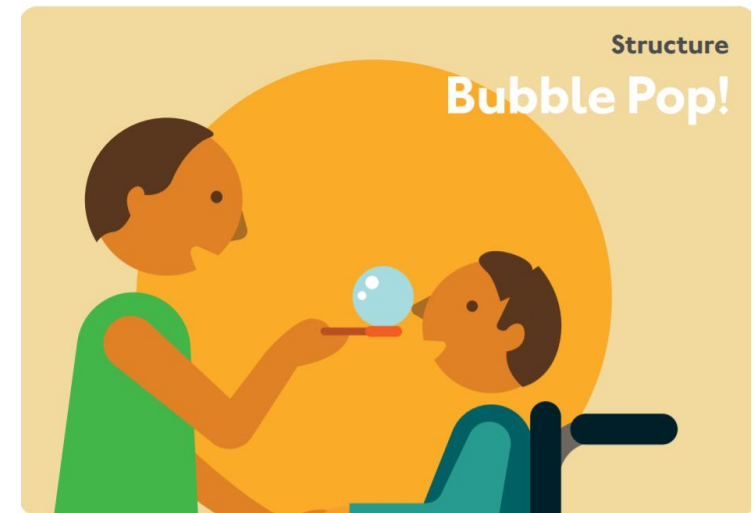
### How to play

Place your hand palm down on a flat surface. Have your child stack their hand on top of yours, then stack your on top. Keep stacking higher and higher.

You can go fast, slow, stack fists or fingers. If touch is a problem, leave a gap.

### Information for parents

- ◆ Adults setting limits.
- ◆ Defining body boundaries which help with feelings of safety.
- ◆ Feeling safe with a trusted adult.



## Structure **Bubble Pop!**

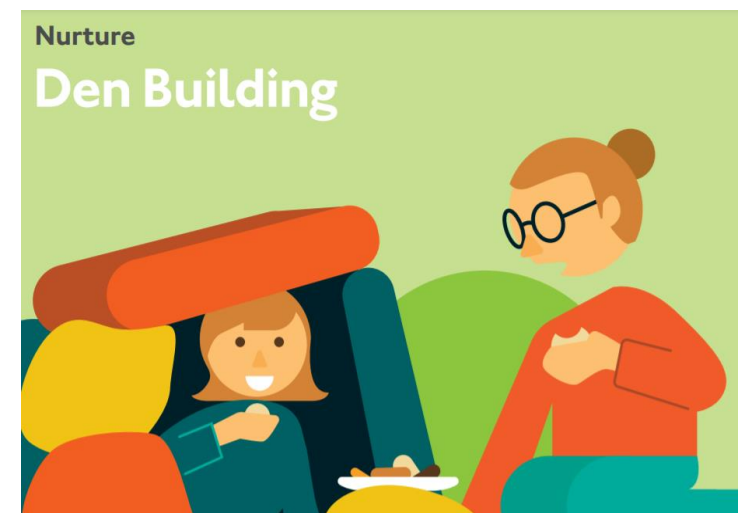
### How to play

Using bubble mixture, blow a bubble and catch it on the wand. Ask your child to pop the bubble with a chosen body part like their nose, elbow, finger or any other body part.

You can also blow bubbles into the air.

### Information for parents

- ◆ Structuring excitement and adding spontaneity.
- ◆ Adults setting limits.
- ◆ Regulating as big body movements help this.



## Nurture with some challenge **Den Building**

### How to play

Gather cushions, pillows, blankets and stack them with your child to build a den. Once it's built, let your child hide in there with a little snack.

### Information for parents

- ◆ Helping children to feel safe.
- ◆ Fun and safety.
- ◆ Enjoying a snack together.



Each week we will send out some more connection activities in the memo.

Let us know how you get on. Emo and Mr Kirwin