**Here are 30 ways to enact "Small Things Often" and build warmth with kids during your time at home:**

1. Say a kind word and give your child a hug when he/she first wakes up.
2. Read to your child for 10 minutes (the Sunday comics, the Guinness Book of World Records, a sports story about his/her favorite team, or a fiction book).
3. Let your child stay up 20 minutes later to watch a show you both like once per week.
4. Keep a gratitude journal together – each night write something you’re thankful for or something good that happened that day.
5. Talk sports with your child. Talk about who is playing. Predict who will win. Bet with house chores (e.g. whoever loses the bet will take out the rubbish).
6. Do a good deed for your child like charging their iPad for school or making their bed.
7. Ask your child how he/she is doing and feeling with all the life changes.
8. Let your child pick a “date” for the two of you out of 3 options (e.g. go for a bug hunt and picnic, to the cinema, go bowling etc.)
9. Write a post-it note about something positive your child did and leave it on his/her pillow.
10. Sit down on the floor and play whatever your child wants to play for 20 minutes.
11. Take your child outside every day to walk, scooter, bike, etc.
12. Play catch with your child for 10 minutes.
13. Talk about a few good news articles with your child for a few minutes.
14. Print a photo of you and your child and put it in a frame for them.
15. Fly a kite together on a windy day.
16. Play Uno, Top Trumps, or another card game together when your child finishes homework.
17. Watch a short adventure film together on YouTube (e.g. extreme kayaking, extreme mountain biking).
18. Let your child help you make dinner once per week.
19. Walk to a coffee shop and get hot chocolate together.
20. Exchange silly jokes together on the first of the month.
21. Send your child your favourite photos of them via Messenger, text, or dropbox and say a few things about why you like them (e.g. remember when we went horseback riding and your horse wouldn’t stop eating?)
22. Write cards to elderly relatives together.
23. At teatime, ask him/her about the high/low points of their day and really listen.
24. Notice/recognize something positive your child is doing at least once per day.
25. Send love, strength, or prayers together to someone who really needs it.
26. Do a puzzle with your child.
27. Help your child connect with one of his/her friends (e.g. encourage them to make a phone call, send a text, set up a zoom call, or arrange a time to hang out).
28. Send your child a sweet, positive, or thoughtful text message or note.
29. Say thank you to your child for something each day.
30. Ask your child what song they’d like to hear and play it for them.