

5-Minute Activity Cards

Quick connection activities - no prep needed

Cut along dotted lines to create individual activity cards.

5 MIN

1. Mirror Faces

Stand face-to-face and copy each other's silly expressions.

What it builds: Emotional awareness, social connection, facial recognition

What to say: "Can you make the same face as me? What feeling does that face show?"

5 MIN

2. I Spy Colors

Take turns picking a color and finding 5 things that match.

What it builds: Observation skills, vocabulary, color recognition

What to say: "I spy something green! How many green things can we find together?"

5 MIN

3. Body Letters

Make letters of the alphabet using your body shapes.

What it builds: Letter recognition, gross motor skills, spatial awareness

What to say: "Let's make the letter T! Stand tall and stretch your arms wide."

5 MIN

4. Counting Steps

Walk to a destination counting every step out loud together.

What it builds: Numeracy, one-to-one correspondence, patience

What to say: "How many steps to the kitchen? Let's count together - 1, 2, 3..."

5 MIN

5. Sound Safari

Close your eyes for 30 seconds and name every sound you hear.

What it builds: Active listening, mindfulness, vocabulary

What to say: "Let's be super quiet and listen. What sounds can your ears find?"

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6. Texture Touch

Find 5 things with different textures and describe how each feels.

What it builds: Sensory awareness, descriptive language, curiosity

What to say: "This feels smooth. Can you find something rough? What about bumpy?"

5 MIN

7. Story Starter

Take turns adding one sentence to build a silly story together.

What it builds: Creativity, narrative skills, turn-taking

What to say: "Once upon a time, there was a flying cat... what happened next?"

5 MIN

8. Freeze Dance

Sing a song and dance - freeze when the music stops.

What it builds: Self-regulation, listening skills, gross motor coordination

What to say: "When I stop singing, freeze like a statue! Ready? Let's dance!"

5 MIN

9. Whisper Game

Whisper a short sentence - see if it arrives the same at the end.

What it builds: Listening skills, memory, phonological awareness

What to say: "I'm going to whisper something. Listen carefully and whisper it back."

5 MIN

10. Sorting Spree

Grab a handful of small objects and sort them into groups.

What it builds: Classification, logical thinking, fine motor skills

What to say: "How could we sort these? By color? By size? You choose the rule!"