



# DAD TIME

DAD TIME: 40-DAYS OF BUILDING DEEPER CONNECTIONS WITH YOUR KIDS



# HEY DAD,



Congratulations on taking the first step towards building deeper connections with your kids. In today's fast-paced digital world, it's easy to get caught up in the hustle and bustle of life. It's even easier to forget the importance of dedicating quality time with your kids. This workbook is designed to help you build deeper connections and create meaningful moments with each of your children while incorporating positive interactions that will last a lifetime.

Over the next 40 days, you will be challenged to spend 15 minutes of undivided attention with each one of your kids every day. This workbook will provide you with activities, prompts, and guidance to help you make the most of those precious moments. Remember, the goal is to create a stronger bond and connection with your kids.

## How to get the most out of this workbook

This workbook includes 40 pages which provides you with the opportunity to document your Daily 15-minute dad and child one-on-one time. The page includes a space for the date and child's name and the activity you are choosing to do with your child for the day. There is also a space for you to write a reflection on your experiences and feelings. You can write down what you did with your child and what you discovered about their passions. What was something new you learned about your child? How can you support their interests moving forward?

## Conclusion

After completing the 40-day challenge, you will have spent 10 hours of one-on-one quality time with each of your kids. I have no doubt that you will have learned more about their interests and feelings, and fostered deeper and more meaningful connections. The benefits of dedicating time to each child is the foundational work from building trust and improving communication between the two of you.

I encourage you to continue making time for your children and nurturing the bonds you've strengthened through this challenge. Remember, it's not about the quantity of time spent, but the quality of the moments shared. Keep exploring, learning, and growing together. Wishing you and your family a lifetime of love and connection.

Sincerely,

A handwritten signature in black ink that reads 'Thomas McMinna'. The signature is written in a cursive, flowing style.

**Day 1:** \_\_\_\_\_

**Child:** \_\_\_\_\_

**Activity:** \_\_\_\_\_

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**Reflection:** You can write down what you did with your child and what you discovered about their passions. What was something new you learned about your child? How can you support them moving forward?

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# 70 15-MINUTES CHALLENGES

- **Two truths and a lie challenge:** Take turns sharing two true statements and one lie, then guess which statement is false.
- **Dad interview challenge:** Dad asks the child questions about their interests, hobbies, and dreams.
- **Kid interview challenge:** The child asks dad questions about his childhood, favorite memories, and life experiences.
- **Chalk art challenge:** Draw with sidewalk chalk on the driveway or a sidewalk.
- **Workout challenge:** Do a workout together (e.g. jumping jacks, push-ups, or squats).
- **Reading challenge:** Read a short story together and discuss the plot and characters.
- **Speed drawing challenge:** Set a timer and take turns drawing pictures based on prompts, then guess what the other person drew.
- **Charades challenge:** Take turns acting out an action or character while the other person tries to guess what or who it is.
- **Build a tower challenge:** Use blocks, Legos, or other materials to build the tallest tower possible in 15 minutes.
- **Quick clean-up challenge:** Set a timer and see how much you can tidy up together in 15 minutes. Reward with a small treat.
- **Mini basketball shooting challenge:** Use a small basketball hoop or a wastebasket and crumpled paper to see who can make the most shots.
- **Joke-telling challenge:** Share your favorite jokes and riddles with each other.
- **Compliment challenge:** Take turns giving each other genuine compliments.
- **Paper airplane challenge:** Make paper airplanes and see who can fly their plane the farthest.
- **Walk and talk challenge:** Go for a quick walk around the neighborhood and chat about your day.
- **Lightning round challenge:** Test each other's knowledge with quick trivia questions.
- **Create a secret handshake challenge:** Develop a unique handshake that only you two know.
- **Design a superhero challenge:** Get a piece of paper and crayon or markers and create a new superhero, complete with a name, powers, and costume.
- **Guess the song challenge:** Hum or whistle songs and have the other person guess the title.
- **Three-minute stories challenge:** Take turns telling creative stories that last exactly three minutes for 5 rounds.
- **Would you rather challenge:** Play a game of "Would You Rather" with fun and thought-provoking questions.
- **Puzzle challenge:** Work together to complete a small jigsaw puzzle as quickly as possible.

# 40-DAYS OF BUILDING DEEPER CONNECTIONS WITH YOUR KIDS

- **Staring challenge:** See who can go the longest without blinking or laughing.
  - **Thankfulness challenge:** Share three things you are grateful for and why.
  - **Word association challenge:** Take turns saying words related to a chosen theme.
  - **Create a mini comic strip challenge:** Get a piece of paper and crayon or markers and draw a three-panel comic strip with a funny or heartwarming story.
  - **Your day emoji challenge:** Share your day's highlights using emojis and have the other person guess what happened.
  - **Collaborative doodling challenge:** Take turns adding to a drawing without lifting the pen from the paper.
  - **Quick meditation challenge:** Practice mindfulness and deep breathing together. YouTube has a lot of kid meditation videos.
  - **Play catch challenge:** Toss a ball or frisbee back and forth.
  - **Hide and seek challenge:** Set a timer and play a quick round of hide and seek.
  - **Share a favorite memory challenge:** Take turns describing a favorite memory you've shared together.
  - **Rock-paper-scissors tournament challenge:** See who can win the most rounds of rock-paper-scissors.
  - **Brainstorm a business idea challenge:** Come up with a fun or innovative business idea together.
  - **Share a favorite quote challenge:** Share a quote that means something to you and discuss why it's important.
  - **Create a family flag challenge:** Design a flag that represents your family, using symbols, colors, and
- **Share a skill challenge:** Teach each other a new skill, like tying a specific knot or doing a magic trick.
  - **Quick drawing challenge:** Each person has 15 minutes to draw a picture of the other person.
  - **Dance party challenge:** Turn up the music and dance together. Take turns picking the songs.
  - **Tag challenge:** Play a short game of tag.
  - **Popcorn taste test challenge:** Try different flavors of popcorn and rate them.
  - **DIY tie-dye socks challenge:** Use tie-dye kits to create colorful socks. YouTube has some great DIY videos.
  - **Photo challenge:** Go outside and take creative photos of each other using a phone or camera.
  - **Quick baking challenge:** Bake cookies or another favorite treat together.
  - **Puzzle race challenge:** Each person completes a small puzzle as fast as they can.
  - **Quick science experiment:** Conduct a simple science experiment together, like making a baking soda volcano. Search for baking soda volcanoes on YouTube.
  - **Art challenge:** Draw or paint a picture using only three colors.
  - **DIY dreamcatcher:** Make a simple dreamcatcher using yarn and paper. Search for DIY dream catcher on YouTube.
  - **Board game challenge:** Play a quick round of your kid's favorite board game.
  - **DIY board game challenge:** Create a new board game together using paper, markers, and other materials.

- **Karaoke challenge:** Sing your favorite songs together. YouTube has Karaoke videos. Who knew?
- **Flower arrangement challenge:** Use flowers from the garden or store to create fun and beautiful flower arrangements.
- **Bike ride challenge:** Go for a quick bike ride around the neighborhood.
- **DIY slime challenge:** Make slime using glue, borax, and food coloring. YouTube has DIY slime videos.
- **Tic-tac-toe challenge:** Play a short game of tic-tac-toe using paper and markers.
- **Improv challenge:** Take turns acting out silly scenarios.
- **DIY friendship bracelets challenge:** Use embroidery floss and beads to make friendship bracelets.
- **Mindfulness challenge:** Practice mindfulness and deep breathing together.
- **Hot potato challenge:** Play a short game of hot potato using a small ball or stuffed animal.
- **Walk in nature challenge:** Take a short walk-in nature e.g. park, parkway, mountains, etc. and enjoy the scenery.
- **Simon says challenge:** Play a short game of Simon Says with silly commands.
- **Card game challenge:** Play your favorite card game.
- **Origami challenge:** Grab paper and your phone. Search for an Origami video on Youtube and start that paper folding.
- **Dress up challenge:** Dress up in costume and play make believe.
- **Puppet show challenge:** Grab some brown sandwich bags, contraction paper, scissors, markers, etc. and create a puppet character. Then act out a scene with your puppets.
- **Picnic challenge:** Together make food for a picnic, go to a park or out in your backyard and enjoy the fruits of your labor.
- **Water balloon fight challenge:** Have a water balloon fight in warmer weather months.
- **Park challenge:** Go to the park and explore. Play on the playground together.
- **Tea Party challenge:** Make a pitcher of juice and serve it up in fun glasses, tea cups of ya gotta em.
- **Obstacle course challenge:** Find cones, jump robes, balls and buckets, and create an epic obstacle course in the backyard.