**5 minute special time**

These are 10 ideas of how to spend 5 minutes of quality time with your children every day. Set a timer on your phone and enjoy the activities:

1. Reading time – read to each other/make up different endings to familiar stories/read different lines each
2. Drawing hands – draw around each other’s hands and write something on each finger that you do well with your hands (this can also be done for feet)
3. Make a musical instrument to play together – fill an empty water bottle with lentils/pasta out of the cupboard to make a shaker, or put elastic bands over a plastic cup and secure with tape to make a guitar
4. ABC game – take it in turns to choose a topic and think of something related to it for each letter of the alphabet
5. Racing – make paper aeroplanes and have races
6. I spy – play I spy using first letters/colours/rooms in the house
7. Coin and nose – both of you lay on the floor with a coin on your nose; get it to fall off by only wiggling your nose and see who does it first
8. Magic time – check the internet to learn a magic trick together
9. Drawing game – one person sits down with their back to the other and the other person draws a picture outline on their back. The person sat down has a piece of paper and a pen and draws what they feel on their back and then compare
10. Memory game – a person starts with “I went to market and bought…..”, the next person has to repeat what was said and add their own item. See who has the best memory.

*Ideas taken from Action For Children and kidactivities.net*