3-8
YEARS

الأسرة
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هيئة أبوظبي للطفولة المبكرة
Abu Dhabi Early Childhood Authority

100+
فكرة للحظات أسرية
Family Moments

العبوا • تواصلوا • استكشفوا

Play • Talk • Explore



Every Moment Matters

We invite parents, caregivers, and grandparents to spend quality time with the youngest children in the family, through simple, everyday activities.

By age five, our brains have already grown to 90% of their adult size, a period during which they form more than a million new connections every second. This makes early childhood (0-8 years) a critical window for developing the social and emotional skills that become the bedrock of lifelong wellbeing and opportunity that shape a child's future.

Through everyday interactions and moments talking, listening, playing, and exploring together, young children build important life skills while creating lasting memories with the people who matter most.

Every family member can nurture children's social and emotional skills and help to create the conditions in which they can thrive.

Every Child Learns Differently

Children learn in different ways and at different paces. If your child is neurodivergent, on the autism spectrum, has ADHD, developmental and learning needs, or simply enjoys doing things differently, feel free to adapt every activity to suit them.

- Always provide appropriate adult supervision and put safety first.
- Prepare them for what will happen.
- Adjust sounds, textures or movement if needed.
- Give extra time.
- Let their interests guide the activity.
- Remember: connection matters more than doing the activity perfectly.

3-8

Can You Guess?

Setup:

Someone secretly thinks of a person that everyone else knows - either a friend, family member, or celebrity.

What To Do:

Take turns asking yes or no questions to narrow down the mystery. Can your family guess the answer in less than 20 questions?

How It Helps Your Child:

Every question encourages your child to think a little differently, building curiosity and confidence as they solve the mystery.



3-8

Mystery Bag

Setup:

Hide 4–5 items with different textures inside an opaque bag or pillowcase. Make sure the objects do not have sharp edges.

What To Do:

Have your child reach into the bag without looking, describe how the object feels, and guess what it is before pulling it out.

How It Helps Your Child:

Feeling, describing, and guessing different objects encourages your child to notice details and put their ideas into words.



3-8

Smile Check

Setup:

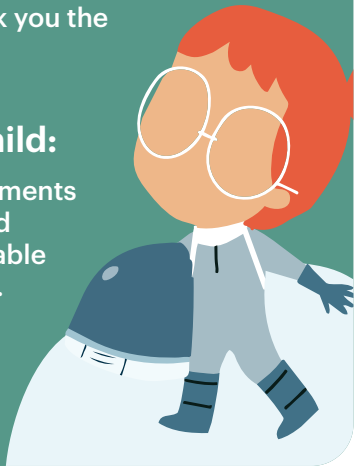
Ask this question during dinner, at bedtime, or while traveling together.

What To Do:

Take turns sharing something that made each of you smile today. Encourage your child to ask you the same question.

How It Helps Your Child:

Looking back on happy moments helps your child understand emotions and feel comfortable talking about their feelings.



3-8

Family Artists

Setup:

Gather paper, pencils, crayons or markers.

What To Do:

Invite everyone to draw your family in their own way. Afterwards, ask your child to tell you about each person in their picture.

How It Helps Your Child:

Sharing stories about the people in their drawing encourages your child to express their thoughts and feelings while celebrating the people who matter most to them.



3-8

Knock, Knock

Setup:

No preparation needed.

What To Do:

Take turns telling jokes and see who can keep a straight face the longest.

How It Helps Your Child:

Shared laughter creates joyful memories and reminds your child that spending time with family can be one of the best parts of the day.



3-8

Sharing is Caring

Setup:

Choose a toy together that is clean, complete, and no longer used.

What To Do:

Let your child help decide which toy to donate and explain how it will make another child happy.

How It Helps Your Child:

Choosing a toy to share shows your child that even small acts of kindness can make a big difference to someone else.



3-8

Family Memories

Setup:

Gather printed photos or scroll through a photo album on your phone together.

What To Do:

Choose some favorite photos and tell the story behind each one.

How It Helps Your Child:

Looking back on family memories helps your child understand where they come from and build a strong sense of identity and belonging.



3-8

Family Café

Setup:

Gather cups, plates, and pretend (or real) snacks.

What To Do:

Take turns being the customer, chef and waiter as you serve each other pretend meals or snacks.

How It Helps Your Child:

Pretend play gives your child the freedom to lead, imagine, and create their own family adventures.



3-8

Litter Heroes

Setup:

Bring gloves or a litter picker if available.

What To Do:

Work together to collect dry litter while wearing gloves. Avoid anything sharp, broken or hazardous.

How It Helps Your Child:

Caring for the places you share shows your child that even small actions can make a positive difference.



3-8

Sea You

Setup:

Find a puddle or another safe place where you can see a reflection.

What To Do:

Stand together and take a creative photo of your reflections.

How It Helps Your Child:

Looking at the world from a different perspective encourages your child to stay curious and see beauty in unexpected places.



3-8

Young Inventor

Setup:

No preparation needed.

What To Do:

Ask your child what they would invent if they could create anything in the world.

How It Helps Your Child:

Imagining new possibilities encourages your child to dream freely, think creatively and explore ideas without limits.



3-8

Perfect Pair

Setup:

Place a pile of clean socks on the floor.

What To Do:

Work together to find matching pairs and fold them once you've finished.

How It Helps Your Child:

Even everyday chores can become moments of teamwork, laughter, and shared accomplishment.



3-8

Quiet Time

Setup:

Find a peaceful place to sit side-by-side.

What To Do:

Set a timer and enjoy two quiet minutes together without speaking.

How It Helps Your Child:

Quiet moments help your child slow down, notice the world around them, and enjoy simply being present.



3-8

Superhero Squad

Setup:

No preparation needed.

What To Do:

Invent superhero names, costumes, and special powers for each member of the family.

How It Helps Your Child:

Imagining ways to help others encourages your child to think about kindness, courage, and making a difference.



3-8

Veggie Choice

Setup:

Offer three or four vegetables to choose from.

What To Do:

Invite your child to choose which vegetables the family will enjoy and how they'll be cooked.

How It Helps Your Child:

Having a say in family meals gives your child confidence and encourages them to try new foods.



3-8

Nature Detectives

Setup:

Find a safe outdoor area where ants can be observed.

What To Do:

Observe together what the ants are carrying, where they're going and how they work as a team. Watch without touching or disturbing them.

How It Helps Your Child:

Watching nature sparks curiosity and encourages your child to ask questions about the world around them.



3-8

Sunrise Time

Setup:

Choose a safe place where you can clearly see the sunrise.

What To Do:

Wake up a little earlier than usual and watch the sun rise together. Choose a safe viewing spot and stay close to your child, especially near roads or uneven ground.



How It Helps Your Child:

Starting the day with a shared adventure reminds your child that special moments can happen at any time.



3-8

Sunset Stroll

Setup:

Put on comfortable shoes and head outside.

What To Do:

Take a relaxed walk together, chatting about your day or simply enjoying your surroundings.

How It Helps Your Child:

A simple walk creates space to talk, listen, and enjoy each other's company without distractions.



3-8

Animal Walks

Setup:

Take turns choosing an animal, or write a few animal names on pieces of paper and place them in a bowl.

What To Do:

Act out each animal by copying how it moves. Waddle like a penguin, move in slow motion like a sloth, or slither like a snake. Whoever guesses the animal first gets to go next.



How It Helps Your Child:

Moving, laughing, and pretending encourages your child to express themselves with confidence and creativity.

3-8

Park Adventure

Setup:

Visit your local park with plenty of time to explore.

What To Do:

Walk, climb, swing, run or simply explore together at your child's pace.

How It Helps Your Child:

Following your child's curiosity turns every visit into an opportunity to discover something new.



3-8

Story Time

Setup:

Choose any book your child enjoys and find a cozy place to read together.

What To Do:

Read at your child's pace, pause to look at pictures, ask questions, or let them finish familiar sentences.

How It Helps Your Child:

Stories spark imagination, open up conversations, and help your child make sense of the world around them.



3-8

Book Boss

Setup:

Gather a few books and let your child make the final choice.

What To Do:

Follow your child's lead, even if they choose a book they've read many times.

How It Helps Your Child:

Choosing their own book gives your child a sense of independence and makes reading a more enjoyable experience.



3-8

Number Hunt

Setup:

Decide on a number and a color before you begin.

What To Do:

Challenge your child to find the chosen number of objects in the color you selected. Count them aloud together as you go.

How It Helps Your Child:

Everyday moments become opportunities to discover numbers, patterns, and the fun of learning through play.



3-8

Breathe Together

Setup:

Sit or stand somewhere comfortable with no distractions.

What To Do:

Take five slow, deep breaths together, breathing in through your nose and out through your mouth.

How It Helps Your Child:

Slow, deep breaths give your child a simple way to pause, feel calm, and manage big emotions.



3-8

Story Review

Setup:

Choose any story your child enjoys.

What To Do:

When you've finished reading, ask simple questions about the story. For younger children, try questions like, "Who was your favorite character?" or "What happened first?" For older children, you could ask, "What would you have done differently?" or "Can you imagine a different ending?"

How It Helps Your Child:

Every story opens the door to new ideas, encouraging your child to think creatively and share their own perspective.



3-8

Growing Together

Setup:

Find a houseplant, garden plant, or balcony pot that needs watering.

What To Do:

Let your child carefully water the plant, then spend a moment looking for new leaves, flowers, or signs of growth.

How It Helps Your Child:

Caring for a plant shows your child that growth takes time, patience, and care.



3-8

Treasure Hunt

Setup:

Hide a toy, book, or healthy snack somewhere in the house and prepare two or three simple clues.

What To Do:

Read each clue together and help them find the treasure by telling them whether they are ‘hot’ or ‘cold’ as they get closer.

How It Helps Your Child:

Following clues turns problem-solving into an adventure, encouraging your child to keep exploring and never give up.



3-8

New Vocabulary

Setup:

Choose a word you'd like to learn in Arabic and discover how to say it.

What To Do:

Learn one new word together, practice saying it aloud, and try using it during the day.

How It Helps Your Child:

Learning new words opens the door to new ideas and new ways to communicate.



3-8

Laughter Therapy

Setup:

No preparation needed.

What To Do:

Set a timer for one minute and laugh together, make silly sounds, or pull funny faces until the time is up.

How It Helps Your Child:

Laughing together reminds your child that joy can be found in the simplest moments.



3-8

Veggie Helpers

Setup:

Gather vegetables, a bowl of water, and your cooking ingredients.

What To Do:

Let your child wash the vegetables while you prepare and cut them for the meal. Choose age-appropriate tasks and always supervise closely around sharp utensils.

How It Helps Your Child:

Exploring colors, smells, and textures encourages your child to become more confident around healthy foods.



3-8

Flex Family

Setup:

Find a quiet space with enough room to stretch comfortably.

What To Do:

Spend five peaceful minutes stretching your arms, legs, and back together without talking. Play calming music if that helps your family relax.

How It Helps Your Child:

Moments of quiet help your child slow down, relax, and become more aware of how their body feels.



3-8

Appreciative Artist

Setup:

Gather paper and coloring materials.

What To Do:

Each person draws a picture for someone they'd like to thank and delivers it with a smile.

How It Helps Your Child:

Creating something for someone else encourages your child to show kindness in thoughtful ways.



3-8

Cloud Watch

Setup:

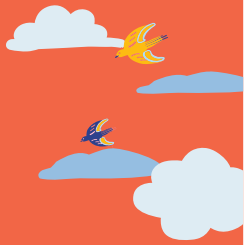
Find a safe outdoor space where you can see the clouds.

What To Do:

Lie down, gaze up, and describe the shapes, animals, or objects you can see in the clouds.

How It Helps Your Child:

Every cloud becomes an invitation to imagine, wonder, and see something different.





3-8

Everyday Heroes

Setup:

Ask this question during dinner or before bedtime.

What To Do:

Ask your child who helped them today and how that person made a difference.

How It Helps Your Child:

Recognizing the kindness of others encourages your child to notice the people who make a difference each day.



3-8

Magic Memories

Setup:

Think of a funny or memorable moment from when you were young.

What To Do:

Tell your story and explain how you felt, how you reacted, and why it's memorable.

How It Helps Your Child:

Stories from your childhood help your child discover more about your family and strengthen your connection.



3-8

Sofa So Good

Setup:

Find a comfortable place to sit together with a favorite book.

What To Do:

Spend 10 quiet minutes reading side-by-side, either together or individually.

How It Helps Your Child:

Making reading part of everyday life helps nurture a lifelong love of books.



3-8

Kindness Counts

Setup:

No preparation needed.

What To Do:

Look for an opportunity to politely hold the door open for someone and smile as you do so.

How It Helps Your Child:

Small acts of kindness show your child that even simple gestures can brighten someone's day.



3-8

Shared Snack-time

Setup:

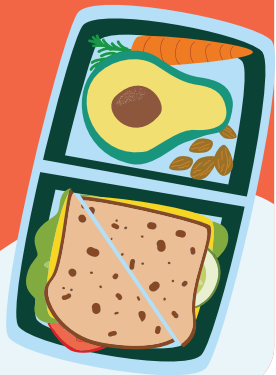
Choose a healthy snack you both enjoy.

What To Do:

Sit together and enjoy your snack while chatting about your day.

How It Helps Your Child:

Some of the best conversations happen during the simplest moments, helping your child feel heard and connected.



3-8

Follow the Leader

Setup:

Find a safe space with room to move.

What To Do:

Take turns leading a game of "Simon Says" and see who can follow the instructions best. Feel free to replace the name "Simon" with a common name in your culture.

How It Helps Your Child:

Taking the lead gives your child the confidence to make decisions and share their ideas.



3-8

Little Doctors

Setup:

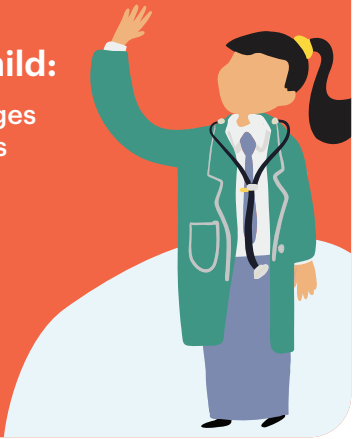
Gather toy medical kits or household items to use as props.

What To Do:

Take turns being the doctor, vet, and patient while caring for stuffed toys or dolls.

How It Helps Your Child:

Playing this game encourages your child to care for others while developing empathy, imagination, and creative storytelling.



3-8

Picnic in the Living Room

Setup:

Lay out a blanket or rug and prepare a simple snack or meal on the living room floor or in the backyard.

What To Do:

Sit together on the floor, talk, laugh, and enjoy your picnic.

How It Helps Your Child:

Sometimes the simplest changes create the biggest memories, showing your child that everyday moments can be something special.



3-8

Reading Hideout

Setup:

Drape a blanket over chairs or the sofa to create a simple hideout.

What To Do:

Snuggle inside your hideout and enjoy a favorite story together.

How It Helps Your Child:

Turning story time into an adventure makes books even more exciting and encourages a lifelong love of reading.



3-8

Story Builders

Setup:

No preparation needed.

What To Do:

One person begins the story with a single sentence. Then, take turns adding to and expanding the story until your adventure reaches an ending.



How It Helps Your Child:

Every story your child creates is a chance to imagine, explore new ideas, and let their creativity shine.

3-8

Fly High

Setup:

Grab a few sheets of paper and fold simple paper airplanes together.

What To Do:

Decorate your planes, then take turns launching them to see whose plane flies the furthest.

How It Helps Your Child:

Trying different designs encourages your child to experiment, adapt, and discover that every attempt teaches them something new.



3-8

Under the Moon

Setup:

Step outside or look through a window once the moon is visible.

What To Do:

Spend a few quiet moments looking at the moon together and talk about what you notice.

How It Helps Your Child:

Watching the moon encourages your child to slow down, ask questions, and stay curious about the world around them.



3-8

Count Together

Setup:

Decide which two languages you'll use: Arabic and English, or Arabic and your family's mother tongue.

What To Do:

Count slowly from one to 10 together in Arabic and another language spoken in your family. If you already speak Arabic at home, try adding a third language or teach each other numbers from another language you know.

How It Helps Your Child:

Hearing and speaking different languages helps your child take pride in their heritage while celebrating the rich diversity around them.



3-8

Indoor Campout

Setup:

Build a cozy camp using blankets, cushions, and pillows. Add a torch or soft light if you have one.

What To Do:

Read stories, play quiet games, or chat before falling asleep in your indoor campsite.

How It Helps Your Child:

A bedtime adventure creates lasting family memories and reminds your child that special moments don't have to be far from home.



3-8

Squeeze Me

Setup:

Choose fruits and gather a juicer or safe preparation tools.

What To Do:

Let your child help wash the fruits, choose combinations, and mix the juice together. Choose age-appropriate tasks and always supervise closely when using a juicer or other preparation tools.

How It Helps Your Child:

Mixing different fruits encourages your child to experiment, explore new flavors, and enjoy healthy choices.



3-8

Little Builders

Setup:

Gather building blocks or Lego pieces.

What To Do:

Build towers together and see who can build the highest tower before it falls.

How It Helps Your Child:

Every new design encourages your child to think creatively and discover different ways to solve problems.



3-8

Name Game

Setup:

Choose a fun material such as blocks, pasta, sticks, stones, or play dough.

What To Do:

Create your name using objects instead of writing it the usual way.

How It Helps Your Child:

Seeing their name in different ways helps your child become more familiar with letters while having fun creating.



3-8

Amazing Animals

Setup:

Choose a few animals your child loves.

What To Do:

Find and share interesting facts about each of your animals and what makes them unique.

How It Helps Your Child:

Discovering new facts encourages your child to stay curious and enjoy learning something new every day.



3-8

Cuddle Huddle

Setup:

Find a comfortable place where everyone can relax together.

What To Do:

Spend five minutes cuddling, chatting or simply enjoying being close as a family.

How It Helps Your Child:

Quiet moments of closeness help your child feel safe, loved, and connected.



3-8

Color Together

Setup:

Gather paper and coloring pencils, crayons, or markers.

What To Do:

One person draws a simple picture, and the other colors it in. A masterpiece made in tandem.

How It Helps Your Child:

Creating something side by side encourages cooperation while giving your child the freedom to express their creativity.



3-8

Pass It On

Setup:

Gather everyone together in a circle.

What To Do:

Take turns praising each other until everyone has both given and received a compliment.

How It Helps Your Child:

Giving and receiving genuine compliments helps your child recognize the strengths in themselves and others.



3-8

Starry Night

Setup:

Find a safe outdoor space or look through a window on a clear evening.

What To Do:

Look up together and count as many stars as you can before you lose track.

How It Helps Your Child:

Looking up at the night sky inspires curiosity and reminds your child that there's always something new to discover.





3-8

Family History

Setup:

Think of a favorite memory about your own parents or grandparents.

What To Do:

Share a story about what your parents were like when you were growing up.

How It Helps Your Child:

Family stories help your child understand where they come from and strengthen their sense of identity.



3-8

Book Chat

Setup:

Choose a book you've just read together.

What To Do:

After reading, ask your child three simple questions. For example: ‘What was your favorite part?’ ‘How do you think the character felt?’ ‘What do you think happens next?’ Let your child answer in their own way.

How It Helps Your Child:

Talking about stories encourages your child to think deeply, share ideas, and enjoy meaningful conversations.



3-8

Sunset Together

Setup:

Find a comfortable place to watch the sunset, whether at the Corniche, the beach, the desert, a park, or your favorite outdoor spot.



What To Do:

Watch the sky change colors together and talk about what you notice.



How It Helps Your Child:

Watching the sky change reminds your child that slowing down and sharing a moment can be just as meaningful as any activity.

3-8

Bird Watchers

Setup:

Visit a suitable public space and count how many different birds you can see and notice what they're doing.



What To Do:

Watch the birds as they eat, fly, and interact with one another.

How It Helps Your Child:

Watching birds encourages your child to observe, ask questions, and appreciate the wonders of nature.



3-8

What Am I?

Setup:

Think of a few animals, objects, or occupations.

What To Do:

Take turns acting something out while everyone else guesses what it is.

How It Helps Your Child:

Acting out different ideas helps your child to express themselves, think creatively, and have fun with others.



3-8

Funny Faces

Setup:

Grab a camera or phone, then set a timer or ask someone to take a photo.

What To Do:

See who can make the silliest face as the whole family poses for a group photo.

How It Helps Your Child:

The silliest family moments often become the most treasured memories, giving your child the confidence to be themselves.



3-8

Back to School

Setup:

No preparation needed.

What To Do:

Ask your child to teach you something they've learned recently: counting, a song, or a fun fact.

How It Helps Your Child:

Becoming the teacher gives your child the chance to share what they know and feel proud of how much they've learned.



3-8

Obstacle Adventure

Setup:

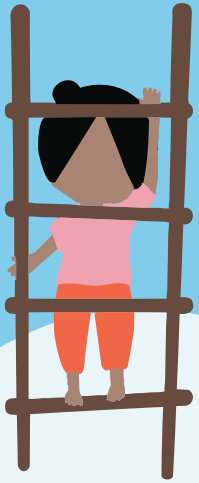
Use cushions, chairs, masking tape, or other safe household items to create a simple course. Keep the course low to the ground and free from sharp edges or slippery surfaces.

What To Do:

Take turns crawling, hopping, balancing, and weaving your way through the obstacle course.

How It Helps Your Child:

Designing and completing the course encourages your child to think creatively, stay active, and celebrate every achievement along the way.



3-8

Great Gratitude

Setup:

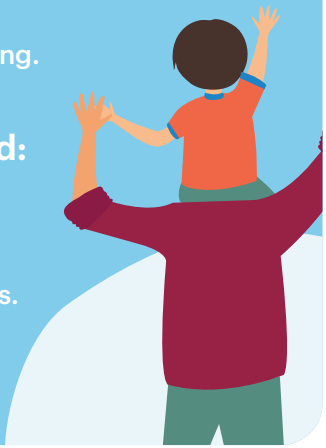
Think of someone who has helped your family recently: a grandparent, teacher, helper, or neighbor.

What To Do:

Say thank you together in person, over the phone, or by sending a voice note or drawing.

How It Helps Your Child:

Saying thank you helps your child recognize kindness and appreciate the people who make a difference in their lives.



3-8

Family Convo

Setup:

Switch off all devices around you.

What To Do:

Spend 15 minutes talking about your day or something you're looking forward to.

How It Helps Your Child:

Knowing that their thoughts are heard helps your child feel valued, understood, and connected.



3-8

Little Chef

Setup:

Choose a simple recipe that includes mixing or stirring.

What To Do:

Invite your child to stir the ingredients while you explain what each one does. Always supervise closely and keep children away from hot surfaces and sharp utensils.

How It Helps Your Child:

Watching a recipe come to life encourages your child to try new things and discover the joy of learning by doing.



3-8

World in Motion

Setup:

Step outside into your garden, balcony, local park, or another quiet outdoor space.

What To Do:

Close your eyes and listen carefully. How many different sounds can you hear?

How It Helps Your Child:

Taking time to notice the sounds around them encourages your child to be present, observant, and curious.



3-8

Catch Me If You Can

Setup:

Find a soft ball or a safe object to throw.

What To Do:

Take turns throwing and catching. Start close together, then move further apart as you get better.

How It Helps Your Child:

Every throw and catch builds confidence, coordination, and the courage to keep trying.



3-8

Words Matter

Setup:

Choose a calm moment when you can give your child your full attention.

What To Do:

Tell your child a specific thing you appreciate about them, such as their effort or sense of humor.

How It Helps Your Child:

Hearing what makes them special helps your child feel valued and strengthens their self-confidence.



3-8

Fun Flag

Setup:

Collect fallen leaves, flowers, or other natural items without disturbing plants or wildlife.

What To Do:

Help your child arrange natural materials into the shape of your family's national flag.

How It Helps Your Child:

Celebrating your family's traditions helps your child feel proud of who they are while learning to appreciate the diversity around them.



3-8

Taste Test

Setup:

Gather 5-8 familiar foods such as yogurt, banana, lemon, or honey.

What To Do:

Ask your child to close their eyes while you offer one small taste at a time. Can they identify what they are eating? Swap roles and let them test you too.

How It Helps Your Child:

Exploring familiar foods in a new way encourages your child to be curious about different tastes, textures, and flavors.



3-8

Holiday Memories

Setup:

Think of a holiday, trip, or celebration your family enjoyed.

What To Do:

Share your favorite memory and ask your child about their favorite family moments too.

How It Helps Your Child:

Sharing family memories helps your child feel connected to the experiences that make your family unique.



3-8

Alphabet Adventure

Setup:

Choose a letter of the alphabet before you set off on a walk or start driving.

What To Do:

Take turns spotting things around you that begin with the chosen letter. The first to find five wins and gets to pick the new letter and play again.

How It Helps Your Child:

Turning everyday journeys into a game encourages your child to notice letters, words, and the world around them.



3-8

Growing Up

Setup:

Choose a safe place on a wall or door frame where you can record your child's height.

What To Do:

Measure your child, mark their height, and write the date beside it.

How It Helps Your Child:

Watching themselves grow over time helps your child understand that change is something to celebrate.



3-8

Crown Makers

Setup:

Gather paper, child-friendly scissors, tape, stickers, and coloring materials.

What To Do:

Design and decorate a crown together, then wear it and celebrate your creation. If your child is using scissors, always supervise them and offer help when needed.



How It Helps Your Child:

Designing something that's uniquely theirs encourages your child to celebrate their interests and express their personality.

3-8

Soothing Sleep Time

Setup:

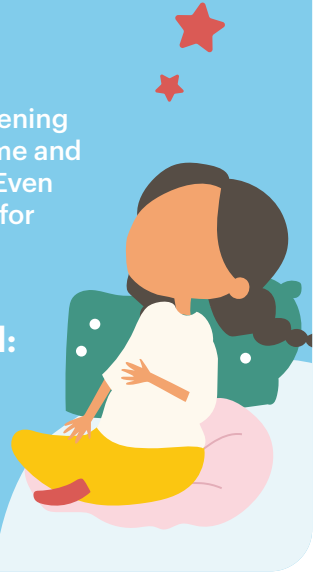
Find a comfortable place to sit or lie down and dim the light if possible.

What To Do:

Spend a few quiet minutes listening to the sounds around your home and taking slow breaths together. Even five minutes can help prepare for a good night's sleep.

How It Helps Your Child:

A calming bedtime routine helps your child relax and prepare for a restful night's sleep.



3-8

Outdoor Explorer

Setup:

Put on comfortable shoes and take a safe walk around your neighborhood.

What To Do:

Walk together and look carefully for a cat or other interesting sights along the way. Stay close to one another and use safe crossing points whenever you cross the road.

How It Helps Your Child:

An outdoor walk invites your child to slow down, notice new things, and enjoy the world around them.



3-8

Dance Break

Setup:

Choose a song everyone enjoys.

What To Do:

Dance however you like until the song ends.

How It Helps Your Child:

Dancing without worrying about getting it right shows your child that joy comes from joining in, not being perfect.



3-8

Helping Hands

Setup:

Gather everything you'll need for the table.

What To Do:

Ask your child to help place plates, cups, and cutlery where they belong.

How It Helps Your Child:

Taking on small responsibilities helps your child feel capable, confident, and proud of contributing to family life.



3-8

Favorite Trio

Setup:

Gather together before bedtime or during a quiet moment.

What To Do:

Take turns sharing three things you love about one another.

How It Helps Your Child:

Hearing what makes them special helps your child feel loved, valued, and appreciated for who they are.



3-8

Re-Create

Setup:

Collect clean recyclable materials as well as tape.

What To Do:

Work together to create anything you can dream up, whether it's a robot, a castle, a rocket, or anything else.

How It Helps Your Child:

A cardboard box or empty bottle can become almost anything, showing your child that imagination has no limits.



3-8

Childhood Tales

Setup:

Think of a favorite memory from when you were young.

What To Do:

Share a favorite story from your childhood or a memory about growing up in the UAE or your home country. Invite your child to imagine what they would have done in the same situation.

How It Helps Your Child:

Family stories help your child understand where they come from and strengthen their sense of identity and belonging.



3-8

Secret Handshake

Setup:

No equipment needed.

What To Do:

Create a handshake using fist bumps and funny moves, then practice until you've mastered it.

How It Helps Your Child:

A special family tradition, no matter how small, gives your child a sense of belonging they'll carry with them.



3-8

Movie Memory

Setup:

Use your phone or tablet camera.

What To Do:

Record a short video of everyone answering the same question, such as “What made you happy today?” or “What's your favorite thing to do together?”

How It Helps Your Child:

Capturing everyday moments reminds your child that the simplest memories are often the ones that last the longest.



3-8

No Blinking

Setup:

Sit facing each other.

What To Do:

Look into each other's eyes without blinking. Look at each other's faces or even each other's noses if that feels more comfortable. The first person to blink or laugh loses.

How It Helps Your Child:

Looking into each other's eyes, laughing, and being fully present reminds your child that joy is often found in the simplest moments.



3-8

Shape Hunters

Setup:

No preparation needed.

What To Do:

Work together to find five circular objects, naming each one as you discover it.

How It Helps Your Child:

Spotting shapes in everyday objects encourages your child to notice patterns and see the world in new ways.



3-8

Family Check-in

Setup:

Choose a grandparent, aunt, uncle, or another older family member.

What To Do:

Say hello, ask how they're doing, and let your child share something about their day.

How It Helps Your Child:

Regular connections with loved ones help your child build strong family relationships.



3-8

Family Crest

Setup:

Gather paper, crayons, colored pencils or craft materials.

What To Do:

Design a family crest using symbols, colors, or drawings that represent your family's values, traditions, favorite activities, or things that make you unique. Share why you chose each symbol.

How It Helps Your Child:

Creating a family crest encourages your child to celebrate what makes your family unique while strengthening their sense of identity and belonging.



3-8

Word of the Day

Setup:

Choose a word you've never used before or one your child recently heard.

What To Do:

Say it together, explain what it means, and see if they can use it in a sentence before bed.

How It Helps Your Child:

Discovering new words expands your child's vocabulary and gives them new ways to express themselves.



3-8

Recognize Success

Setup:

Think about something your child tried, learned, or achieved today.

What To Do:

Tell your child what made you proud, such as being kind, trying hard, or showing courage.

How It Helps Your Child:

Celebrating effort shows your child that trying, learning, and growing matter just as much as the outcome.



3-8

Jump Around

Setup:

Find a safe space with plenty of room to jump.

What To Do:

Count aloud as you complete 20 jumps together. Try jumping on one foot or jumping like a frog.

How It Helps Your Child:

Every jump is a chance for your child to stay active, burn off energy, and enjoy moving with confidence.



3-8

Fruit Fun

Setup:

Gather a selection of colorful fruits, a bowl, and child-safe utensils.

What To Do:

Let your child help wash, peel, and mix the fruit before enjoying it together.

How It Helps Your Child:

Exploring different colors, textures, and flavors encourages your child to be curious and develop positive habits around healthy food.



3-8

Grateful Hearts

Setup:

Choose a quiet moment together, such as during dinner or before bedtime.

What To Do:

From health to ice cream for dinner, take turns speaking about things you are grateful for.

How It Helps Your Child:

Taking time to notice the good things in life encourages your child to develop gratitude and appreciate everyday moments.



3-8

Memory Jar

Setup:

Find a jar or closed container and place it alongside sticky notes.

What To Do:

Write down happy or funny family moments and add them to the jar. Keep adding to it throughout the year.

How It Helps Your Child:

Looking back on happy memories reminds your child that even ordinary days can become treasured moments.



3-8

Visit an Attraction

Setup:

Choose a local landmark, monument, or attraction your family enjoys visiting.

What To Do:

Visit a place your family enjoys, whether it's a local landmark, beach, mangroves, museum, heritage site, or neighborhood park.

How It Helps Your Child:

Exploring places around you helps your child build a sense of belonging and discover more about the community they call home.



3-8

Storyteller

Setup:

Find a comfortable place where your child can focus.

What To Do:

Ask your child to tell you a story from their imagination. It can be about anything.

How It Helps Your Child:

Creating their own stories gives your child the confidence to share ideas and let their imagination take the lead.



3-8

Animal Artist

Setup:

Gather paper and coloring materials.

What To Do:

Ask your child to draw their favorite animal. Talk about its home, food, and why it's special.

How It Helps Your Child:

Every drawing is a chance for your child to express their creativity and see the world through their own imagination.



3-8

Can’t Say No

Setup:

Set a few simple boundaries, then let your child decide.

What To Do:

Spend time doing an activity your child chooses, be it reading, drawing, or exploring outside.

How It Helps Your Child:

Following your child's lead shows them that their interests, ideas, and choices matter.



3-8

Bookmark Makers

Setup:

Gather card, coloring materials and stickers if you have them.

What To Do:

Work together to design and decorate two bookmarks, then use them in your favorite books.

How It Helps Your Child:

Creating something they'll use again makes reading feel even more personal and enjoyable.



3-8

Visit Early Childhood Week!

Setup:

Early Childhood Week is in November. Plan your visit in advance.

What To Do:

Check out the event agenda and enjoy activities designed especially for families across the UAE.

How It Helps Your Child:

Every shared experience strengthens your connection. Early Childhood Week is an opportunity to discover, play, and create even more meaningful moments together.

