

# Fun activities to build connection and teamwork

1. Build a fort together:  
Encourage teamwork and creativity.

2. Create art projects:  
Work on a mural or large drawing together.

3. Cook or bake together:  
Assign roles to team: Assign tasks to promote collaboration.



@thementordad

## 10 WAYS TO STOP FIGHTS BEFORE THEY START



### 01. Set Clear Expectations

Remind your kids of the house rules before play begins.

Involve your kids in deciding what to play.

### 02. Plan Activities Together



### 03. Praise Team Work

Celebrate Moments of cooperation.

Ensure your kids are well fed and rested.

### 04. Create a Calm Environment



### 05. Teach Them to Share Feelings

Encourage "I feel" statement.

Separate kids briefly to cool down.

### 06. Take Breaks When Needed



### 07. Encourage Problem Solving


Ask, "How can we solve this together?"

Don't assign roles


### 08.





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Ask, "How can we solve this together?"
- **07. Encourage Problem Solving**

Dont assign roles like "troublemaker" or "Instigator"
- **08. Avoid Labels**

Reward good behaviors consistently.
- **09. Use Positive Reinforcement**

Show how to solve conflicts calmly.
- **10. Model Healthy Communication**

**1. "WHY DID YOU DO THAT?"**

**Instead of accusing, start with curiosity.**

**2. "I DIDN'T LIKE THAT. CAN WE TRY SOMETHING ELSE?"**  
Encourage direct communication

**3. "THAT HURT MY FEELINGS"**

Teach kids to express emotions

**SCRIPTS TO HELP SIBLINGS RESOLVE CONFLICTS**

**4. "CAN WE WORK TOGETHER TO FIX THIS?"**

Foster collaborations

**5. "NEXT TIME, CAN YOU ASK BEFORE TAKING"**  
Encourage boundary setting

**6. "LET'S MAKE A PLAN SO WE BOTH GET A TURN"**

Promote fairness



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1

Cook or bake as a  
team: Assign roles to  
promote collaboration.

2

Create art projects:  
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large drawing together.

3

Family game night:  
Play cooperative  
board games.

4

Plan a treasure  
hunt: One hides, the  
other searches.

5

Gardening together:  
Grow plants and  
share responsibilities.

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