

7 DAYS

OF CONNECTION
CHALLENGE



DAY 1



Share Memories Together: Take a walk down memory lane with your loved one. Ask them to share their favourite memory with you. You can even ask them to show you old photos or memorabilia from their past.

Cook a Meal Together: Cooking a meal together is a great way to bond and learn something new. Ask your loved one to share a favourite recipe with you and work together to prepare it.

DAY 3



Play a Game Together: Playing games is a fun way to connect with your loved one. You can play a board game, a card game, or even a video game. Ask your loved one if they have a favourite game they would like to play.

Go for a Walk Together: Going for a walk is a great way to get some fresh air and exercise while bonding with your loved one. You can explore a new area or walk around your neighbourhood.

DAY 5



Watch a Movie Together: Watching a movie is a relaxing way to spend time with your loved one. Ask them if they have a favourite movie they would like to watch together.

Listen to Music Together: Listening to music can be a powerful way to connect with your loved one. Ask them to share their favourite songs with you and take turns listening to each other's favourite music.

DAY 7



Write Letters to Each Other: Writing letters is a thoughtful way to communicate with your loved one. Take the time to write a heartfelt letter to each other, sharing your thoughts and feelings. You can even exchange your letters at the end of the day.

DAY 2



DAY 4



DAY 6

