



5-Minute Magic: Strengthening Parent-Child Connection!

How has school been so far? Have you had any chance to catch up with your kids and listen to their stories?

Amidst our busy lives, we often overlook each other's feelings.

JUST FEEL invites you to dedicate just 5 minutes every day, starting today, to ask ourselves and our little ones, "How do you feel today? What have you been through?"

And if you are willing, delve deeper into what is behind our feelings, fostering a greater understanding for one another!

So, let's kick off this daily five-minute ritual, diving into the lives of those around us, and building genuine connections.

The infographic is titled "5-Minute Magic: Strengthening Parent-Child Connection!" and features a light blue background with orange starburst decorations. It is divided into two main sections, each with a numbered icon and a text box. The first section, labeled "1" with a purple icon, is titled "Ask ourselves" and contains the text "Are you feeling satisfied today? What experiences have you had?". The second section, labeled "2" with a blue icon, is titled "Delve deeper into what is behind our feelings" and contains the text "My son held my hand, and I felt touched." The infographic also includes a cartoon giraffe on the left and a red mailbox on the right. The JUST FEEL logo is in the top right corner.

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1 Ask ourselves

Are you feeling satisfied today?
What experiences have you had?

2 Delve deeper into what is behind our feelings

My son held my hand,
and I felt touched.