

Connection Kit - Glossary of Terms

Superpowers

Original	Suggestion
Strengths-based	A way of thinking that focuses on what people are good at instead of their problems.
Affirmations	Positive words that tell someone they are doing well or are special.
Resilience	The ability to keep going and stay strong, even when life is hard.
Self-worth	The feeling that you are important and valuable.
Belonging	Feeling like you are part of a group or family and that you matter.
Superpowers	Special strengths or qualities that make someone unique and valuable
Celebrate	To notice something good and show happiness about it.
Modelling (behaviour)	Showing how to act by doing it yourself, so others can learn from you.
Quiz	A short and fun test with questions to help you learn something about yourself.
Hero type	A kind of personality or character with special strengths, like a superhero.
Guardian / Warrior / Jester / Mastermind	Types of strengths or ways people help others—each with different talents. You could show icons or examples for each.

Play Time

Original	Suggestion
Play	Spending time with a child in a fun way that helps them feel loved, safe, and understood.
Emotional Safety	Feeling safe to show feelings without being judged or hurt.
Resilience	Being able to stay strong and bounce back when things are hard.
Language of connection	A way to build love and closeness without needing to use words.
Slip off the radar	Something that we forget or don't pay attention to.
Dive into	To start doing something with interest and energy.

Seen, valued, connected	Feeling noticed, important, and part of something.
Presence	Being fully with someone—body, mind, and attention.
Burst of laughter	A short time of laughing a lot.
Play Challenge Cards	Cards with quick and fun ideas for play that help families spend time together
Let the good times roll	A fun way to say “Let’s enjoy ourselves!”
Foundation for future relationships	The beginning of learning how to have good friendships and relationships later in life.
Hit pause and reconnect	To stop what you’re doing and spend time together again.
Up their sleeve	A conversational term means having something ready or available (like time or a skill).
Big Feelings	
Original	Suggestion
Big Feelings	Strong emotions like anger, sadness, or frustration.
Meltdown	A strong emotional reaction where a child cries, yells, or loses control.
Caught between	Feeling like you don’t know what to choose or do.
Calm in the storm	A person who stays calm when others feel upset or emotional.
Built-in calm switch	An imaginary idea that someone can calm down instantly.
Wi-Fi signals	A metaphor that means children can feel adults’ emotions.
Anchor in the storm	A steady and calm person who helps others feel safe during hard times.
Push your buttons	Do something that makes you feel angry or upset.
Feel our state	Feel the emotions or energy we have inside, even if we don’t speak.
Box Breathing	A breathing exercise: breathe in for 4, hold for 4, breathe out for 4, hold for 4.
Bridge back to connection	Something that helps people feel close or safe again after a problem
Let them catch your calm	If you stay calm, your child will feel calm too.
Eating Together	
Original	Suggestion
Connecting / connection	Talking, listening, and spending time with others in a caring way.
Catch yourself thinking	Realizing that you are thinking something.
The rush	Times when people are in a hurry or doing many things quickly.
Tuning in	Paying close attention to someone or something.

What a win	A good thing or a success.
Show up and be seen	Be present and feel like others notice and care about you.
Chaotic	Very busy or disorganized; feeling like everything is happening at once.
Out of reach	Hard to do or hard to get.
Let the conversation flow	Let people talk without stopping; keep the conversation going.
Small questions, big connection.	Even easy or short questions can help people feel close
Gratitude	
Original	Suggestion
Gratitude	Feeling thankful for something good.
Get lost in the daily grind	Forget about something because life is busy with everyday jobs
The little things	Small moments or actions that are positive or kind
Shift the vibe	Change the mood or feeling
Whirlwind	Something that happens very fast or feels very busy.
Blur	When something happens so fast it's hard to remember.
Amongst the busy	During a busy time.
Make it a habit	Do something regularly so it becomes part of your routine.
Boost your mood	Help you feel happier.
Reflection questions	Questions that help you think more deeply.

For Parents: Self Care	
Original	Suggestion
You can't pour from an empty cup	You can't help others if you have no energy or support.
Fill your bucket	Do things that give you energy and happiness
Running on empty	Feeling very tired and unable to keep going
Drop the ball	Not be able to do everything you want to do
Anchor points	Helpful daily routines or breaks
Escape your life	Rest to feel better, not run away
All or nothing	You don't have to do everything perfectly

Grand gestures	Special or expensive things
Overhaul your life	Change everything completely
Start small. Refill often.	Take small steps. Care for yourself many times.