



3 Father's Day Connection Activities (Even If You're Apart)

Father's Day can feel heavy if you're separated from your child or dad. Here are three simple activities to help you feel connected, even when you can't be together.

1. Write a Letter

Spend 10 minutes writing to your dad or child. Share love, hopes, or worries. You don't need to send it—the act itself can bring comfort and clarity.

Notes:

2. Share a Memory

Think of a positive memory—bedtime story, holiday, or funny moment. Write it, draw it, or record it. Memories are a powerful way to stay connected.

Memory:

**3. Create a
Connection Ritual**

Choose a small ritual—light a candle, go for a walk, or pause in quiet thought—while holding your dad or child in mind. Rituals create closeness across distance.

My Ritual:

Remember: connection is possible, even across distance. For more ideas and support, visit the Ray's Room blog.