



Connect

Connections support and enrich us every day, so take the time to get to know your classmates, teachers, family and friends.

Talk to a friend or family member: Connecting with people can help you, and them, feel special. Talking and sharing things can also make us happy. Why not chat to your family about something interesting you have done or seen. You could also ask for permission from an adult to connect with a friend with a phone call or video chat.

Take on the smile challenge: How many people can you make smile today?

Make a call: If you can't see the person take time to connect with a phone call or face time.

Play: Play with your brother, sister or pet.

Get creative with your family: Spend time with your adult or a family member creating something exciting. You could bake delicious cakes, junk model, draw or paint a picture, play a board game, use construction toys or why not make a den? Be as creative and imaginative as you like!

Use this precious time to make lots of conversation with those around you and simply enjoy being together.

Send some love: Decorate a heart and write a message to your friend, family member, classmates or teacher.

Be nice to someone new: Talk to someone in your class or at school that you don't usually talk to. See if you have any interests the same or things in common!

Help a friend or neighbour: Take time to do something nice and connect with people on your street it could be your neighbour. You could give them a smile and a wave when you see them.

Share memories: Find an old photo of friends or family and share it with them. You could ask your parents, carer or grandparents about their childhood.

Get in touch: Write a letter or send a postcard to someone. It could be a friend who has moved away or a family member who does not live nearby.