

# 5 Ways to Wellbeing

## How to connect – Ideas Page

### Challenge: How can you 'Connect' this week?

Connect with the people around you. This is particularly important and challenging during this crisis. However you stay in contact with others, simply talking about how you feel can make a big difference.

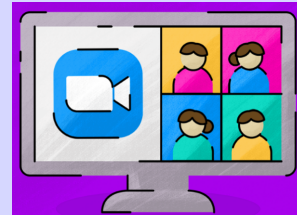
#### Plan ahead

This time of 'social distancing' will pass, and you will see your friends and family again. Make a 'bucket list' of all the things you want to do with your friends or family when you meet up, like eating out somewhere or going to the cinema.



#### Replace your 'playdate' with a 'staydate'

Instead of going out with your friends, why not invite them into your home using technology? Using video call is a great way to be creative and try things such as cooking, dancing or playing a game together, but apart!



#### Make a playlist

Contact your friends and family and make a playlist of everyone's favourite songs to listen to together.

#### Make a List

Make a list of all the ways you can think of to connect with people without seeing them face-to-face – be creative!



### Conversation Corner

Some questions to discuss with your families:

- What makes you proud?
- What happens that you think is wasteful?
- What is the best gift you have ever been given?
- What do you like about being you?
- At the end of the day take turns to say one thing that made you happy, one thing you did to make someone else happy and one thing you learnt.

