

Fresh Ideas for Staying Connected During COVID

Physical distancing measures are continuing in most places and will be (at least to some degree) for the foreseeable future. If you're feeling stuck in a rut and out of ideas, here are 10 different ways to keep connected with others while staying safe.

Work on a family project

Create a digital photo album or scrapbook. Edit family videos. Trace your family tree.



Step up your Zoom game

Use it to gather for virtual dance parties, scavenger hunts, movie nights, Sunday dinner, happy hour, coffee dates or game nights.



Take a field trip

Tour world landmarks and museums together with Google Maps and Google Arts & Culture.



Get outdoors

Walk, skate or ski with a friend while taking appropriate distancing/masking precautions (or while connecting via phone). The fresh air and exercise will do you both good.



Explore new ideas

Stimulate your mind while connecting with others in an interactive online discussion group or book club.



Join a challenge

Sign up for a virtual walking, reading, yoga challenge with a buddy or create your own challenge with a group of friends.



See a show

Find a concert, festival, or performance available for live streaming and reach out to family and friends to set up a time to watch from your homes.



Take a live online course or workshop

Get to know fellow participants or sign up with a friend and be study buddies.



Love your bubble

Connect more deeply with those in your social bubble. Spend more time doing activities with your kids, partner or parents. Try a new hobby together.



Go old school

Rather than yet another text or video call, have regular conversations over the phone.



Thrive informs, inspires and empowers women to achieve **happiness & fulfillment** through science-based and actionable **programs, resources, events and coaching.**

www.LiveWellBeHappy.ca

 **Thrive**
LIVE WELL. BE HAPPY.