

# STAY CONNECTED

How to stay connected during this time of physical distancing.



## OFFLINE

- Read a book or write your own short story
- Keep a journal or start a daily gratitude list – try to focus on things you are thankful for
- Finish those Pinterest projects! Knit, bead, sew, scrapbook or any other craft.
- Write letters or make cards to send to friends and family
- Go out on the land



## ONLINE



*\*Please note that these suggestions use data even if some are free apps. Make sure you keep an eye on your usage, to avoid extra costs.*

- Create your own trivia night and play over video platforms like Zoom or Skype
- Use websites like [tabletopical.com](http://tabletopical.com) to play over 800 boardgames
- You can play cards with a virtual deck or use specialty decks like UNO
- Download the free app Houseparty and play games like Heads Up together
- Join an online discussion group with others who have the same interests or hobbies, join an online beading group or book club
- Take a virtual tour of some national parks or museums, explore the world using Google Earth
- Use apps like WatchParty to keep up to date on your favourite shows and movies while watching with friends from your own homes
- Take an online Zumba class or take part in a virtual Yoga Session
- Apps like Zoom or Co-Watching allow you to share your laptop or cellphone screen to watch videos together or scroll through your news feed with friends