



# Stay Connected Challenge

In the UK, 7 in 10 people know someone who is lonely, let's change that! In today's technology driven world staying connected is more important than ever. With virtual meetings on the rise and loneliness seen as one of the largest health issues we face, let's make an effort to Stay Connected!

**Complete one challenge from each of the four sections, plus two more activities of your choice from any section.**

*Some of the activities here might involve doing something during our Zoom meeting, just let us know if you have something you want to share.*



## Craft

- Create origami animals or puppets and use them to tell a story to your friends or family, or someone via Zoom/Facetime/etc. You could even create your own story together.
- Make a rainbow to put in your window to spread joy to others.
- Knot, weave or plait a friendship bracelet and send it with a note to a friend or family member to let them know you're thinking of them.
- Create your own 'bored jar' of virtual activities that you could do with friends and family on video calls/in virtual meetings.
- Make your own decorations for a virtual birthday party/celebration.
- Design a postcard and send it to a friend or neighbour
- Decorate a plant pot (or have a go at making your own from air dry clay) plant some seeds and leave it on a neighbour's or friend's doorstep.
- Lonely people are 64% more likely to develop dementia. Create a poster to raise awareness of loneliness and help spread the message to look out for each other.

## Food

- Shop local and support small.
- Host a virtual 'Bake Off' and compare your results.
- Have a cook along.
- Bake a loaf and share it with your family.
- Make a meal for a friend, relative or neighbour. Or prepare some frozen meals for them.
- Host a virtual 'Ready, Steady, Cook!' - each bring one food item to your virtual meeting and then collectively plan dishes that you could make with the ingredients.
- Take part in a virtual campfire (there are a few virtual campfires on YouTube).
- Make a dish/cake inspired by a person or a book. Present it at a virtual meeting and get the others to guess what it was inspired by.
- Support your local food bank with donations.
- Give a cake in a jar - prepare all the ingredients and seal it up, deliver it with a label to let the recipient know what to do and that you're thinking of them.
- Send a care package to a neighbour or relative who can't get to the shops.

## Games

- Have an online quiz/virtual pub quiz.
- Hold a virtual beetle drive.
- Play 'Guess Who' with each person in your group wearing different head/eye wear to differentiate them.
- Play Jenga with one person in charge of removing blocks, instructed by the other players.
- Have a treasure hunt. Hide items in the room behind you and get the other members of your group to see how many they can spot.
- I went to the supermarket and bought...test your memory and see if you can remember what each person bought in turn.
- A-Z game on any theme. Each person takes it in turns to name something beginning with the next letter of the alphabet.
- BINGO! One person acts as caller while everyone else competes for a line or a full-house.
- Virtual pictictionary with a twist. Only draw what is being described to you!

## Other

- Share your views in a virtual book/film club.
- Take part in meditation with friends/family.
- Watch the sky, cloud watch or stargaze...we're all looking at the same sun, moon and stars wherever we are.
- Take or plan a virtual trip with friends; where will you go, what will you see?
- Write to a pen friend or send an 'old fashioned' chain mail letter.
- Share a skill or do a talk for others about a hobby/interest.
- Call a friend, family member or neighbour for a chat.
- Learn a new language and use it to communicate with someone in another country.
- Do something to combat loneliness in your community or raise awareness of this issue.
- Take part in the #ClapForOurCarers or show your support for key workers in your community during the COVID-19 pandemic lockdown.