



# How to stay social in social distancing

Social distancing can seem daunting and not being able to see your friends every day seems unfair, however we are lucky that we have access to a wide range of technologies to stay connected! Here are some ways to help you stay social even when social distancing.

## Socialise with those you live with:

Firstly don't forget about the people you live with, it is safe to socialise with those you are living with, so make the most of this time to do things with your family that you usually don't have time to!

- Play your favourite family games
- Cook your favourite family meals
- Get creative in the kitchen and do a family bake off

## How to stay social with friends

There are many ways we can stay in touch with friends even when social distancing. This is a great opportunity to catch up with old friends you haven't spoken to in a while!



- Use social media; Instagram, Snapchat and Facebook are all great ways to stay connected to friends when social distancing.
- Via online video games.
- Take turns amongst your friends to host a quiz night- one person can be the quiz master, a fun way to hang out but also get a little competition going.
- Create a group call with friends and do your homework over Facetime- this will make it more fun and you can help each other with the answers!

## Staying in touch with older family members

During this time a lot of older people might be feeling lonely, and they might not be connected through social media!

- Send your grandparents a letter to see if they are okay, it will make them smile to receive some post from you and it could be a fun activity to make them a nice card.
- Or just give them a call for a chat.