



Physical distancing doesn't mean the same thing as social and emotional distancing.

Yes, you must maintain physical distance from peers and others outside your household. However, you can and should stay **social and emotionally connected** with peers and others.

Some Ideas to Stay Social and Emotionally Connected while Physically apart:

- FaceTime or call a friend or extended family
- Download an app where you can socialize with one or multiple friends (i.e., Houseparty, google hangouts)
- Watch a movie "together" using Netflix party
- Play interactive online/video games with your peers
- Plan a virtual board game night with friends
 - Try games with minimal supplies (i.e., Pictionary, hangman, 20 questions)
 - If you and your friends have a copy of the same board game you can set it up and just move the pieces at the same time (i.e., Monopoly, Apples to Apples, Uno, Yahtzee, Clue, Phase 10, Farkle)
 - Some games only need one person to own the game (i.e., Scattegories, memory)
 - Some games can be played online (i.e., words with friends, draw something, other apps)
- Gather friends for Karaoke over a video platform
- Write a friend a letter and post it
- Reach out to friends who you know may be struggling
- Read to extended family members through Facetime or a phone call
- Participate in an online community
- Engage in free courses and seminars online
- Start a YouTube channel
- Start a book club with family or friends
- Craft with someone through video chat
- Host a virtual dinner party by setting up a laptop or ipad at the table for invited guests
- Teach your parents, grandparents, or other adults in your life how to use technology to connect
- Foster a relationship with the people you are at home with

It is important to call friends or video chat with them, rather than to simply scroll through their social media feeds, because live connecting is key.