

Connecting With Others During the Coronavirus Pandemic

Video Chat

Video chat software

- Zoom, FaceTime, WhatsApp video, Microsoft Teams, Google Hangouts, Skype

Ideas

- Organise/attend regular team meetings with work colleagues to talk about your own mental health, how you're feeling about the pandemic and support others.
- Organise regular meetings with work colleagues, friends, and family to have fun.
- Live Online workouts
- Knit and natter
- Book club
- Quiz night
- Take away evening
- Pamper evening
- Cocktail making class
- Bingo
- Host a talent show
- Dance/Karaoke party
- Pictionary
- Alphabet scavenger hunt (ask the kids to find an item beginning with A..B..C.. and bring back to the camera)
- Read a bedtime story over video to a grandchild

Reconnect with Family at home

- Family talent show/karaoke/dance party
- Cook family dinner together
- Play board games
- Teach your kids life skills - ironing, sewing, washing machine, cooking (all age dependent)
- plant flowers together
- Do your daily outdoor exercise together
- Create opportunities to talk about how you feel

Make Phone Calls to family who don't have video software

Download whatsapp and create group chats with friends

Write letters and send photos to friends/family

- Talk to one friend/family member a day
- Talk to a helpline service
- Participate in an online community - Facebook, NextDoor
- Send friends/family a recorded video
- Virtual playdates
- Daily email chain

What's worked for you? We'd love to hear your ideas!