

STAYING CONNECTED CHALLENGE

Just because we can't physically be with each other during this time doesn't mean we can't mentally stay connected.

Thankfully, technology makes it easier to stay connected with each other. There are many platforms available (e.g., Zoom, FaceTime, Facebook, Snapchat). Be sure to stay connected with others and try our daily challenges!

Week

1

Sunday: Start a quarantine chat group.

Monday: Pick something up for a neighbor that needs help.

Tuesday: Reach out to a friend from your past.

Wednesday: Send a funny meme to your family & friends.

Thursday: Check in on a coworker that you aren't in regular contact with.

Friday: Have a neighborhood driveway social/happy hour.

Saturday: Call or video chat with an elderly family member or family friend.

Sunday: Play a virtual board game with a family member or friend.

Monday: Let someone special know you care.

Tuesday: Send an old fashioned letter to someone.

Wednesday: Send an old picture of a memory to a friend.

Thursday: Volunteer to help your community. Donating blood is a good option at this time.

Friday: Start a shared document with friends or coworkers that lists social distancing activities.

Saturday: Have a virtual dinner date.

Week

2



Week

3

Sunday: Set up a walk & talk date.

Monday: Write chalk message on your driveway/sidewalk.

Tuesday: Send a message to your dentist, trainer, hairdresser, etc.

Wednesday: Send a letter, postcard or drawing to a child.

Thursday: Leave a note for your mail carrier.

Friday: Host an online coffee hour with your coworkers.

Saturday: Check in with an elderly neighbor.

Week

4

Sunday: Share a talent you have with your friends or coworkers.

Monday: Share a little known fact about yourself to 10 people.

Tuesday: If working from home, share a photo of your current work space.

Wednesday: Take an online class on a new subject.

Thursday: Send a note of thanks to a doctor, police officer, or other essential worker.

Friday: Send an inspirational quote to your friends and family.

Saturday: Start your own 4-week challenge to share and complete!

