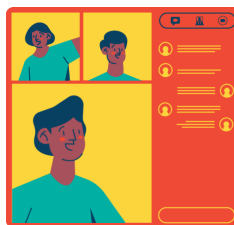


HOW TO STAY CONNECTED WITH FRIENDS

Staying in touch with friends makes us feel good, but can be hard to do with physical distancing precautions. Here are some creative tips to help you connect with friends during this time.

HANG OUT ONLINE

Use online communication and social media applications to connect with your friends. Consider a virtual baking party, playing video games or party games online, or even doing homework together.



PRO TIP: Set a regular time to hang out online, for example by using your calendar with reminders. This way, you won't forget!



PRO TIP: If your friend can't walk with you, try audio or video calling them while you go for a walk.

GO FOR A WALK

Walking with friends also helps your body active!

MEET UP OUTSIDE

Spending time outdoors with your friends is a great way to stay connected. When you're outdoors, notice what's around you (e.g., sounds, smells, weather)



PRO TIP: When your skin is exposed to sunlight, it makes vitamin D. This vitamin has many roles in our bodies and is needed for optimal health.