

CREATE MEANINGFUL CONNECTIONS

Dial a Friend/Family	Pick up the telephone and call someone. Call grandkids, family members or associates. Maybe reminisce with that cousin you have not spoken to in years.
Host a Video Chat	Use technology to connect with family and friends. From Facebook to FaceTime to Skype to WhatsApp, plenty of options are available. Think about reaching out to old friends on Facebook and starting a conversation. Host video chats with your family members one-on-one, or all of them at one time. You could host a Sunday supper or Happy Hour via Skype. There are many fun ways to utilize this technology. If you're not sure how to use these different tools, Google "how to use _____" for information.
Throw a Teleparty	Watch your favorite TV shows and movies virtually with friends. Netflix, HBO, Hulu, and Disney+ all support watching TV remotely with friends. Invite family and friends for a movie night with synchronized video playback and group chat. Google Teleparty to download the browser extension.
Plan a Virtual Workout	Want to exercise with a partner? Exercise machines and devices are available that allow you to connect and even compete with others while you use them. The Peloton bike is one widely known example.
Exercise Outdoors	Exercise with a friend/family member at a safe distance. Many health officials encourage outdoor exercise if participants observe physical distancing of at least 6 feet (2 meters). If you live alone, slip on your walking shoes and then call a friend or family member to accompany you for a "physically distanced" walk and chat.
Connect with Neighbors	Hang out in your front yard and interact with neighbors. Pull up your lawn chair and chat across the fence while they work in their yards or wash their cars. Talk to postal workers as they deliver mail, or chat with those walking along the sidewalk. As long as you observe the proper physical distance, you can be a friendly, encouraging presence in the neighborhood.
Visit a Park	Spend more time in the park or dog park. Say hello to other dog owners or those you pass in the park. Many people might be grateful to connect and chat from a distance.
Volunteer for Outreach Calls	Volunteer with community support groups for outreach calls, either over the phone or safely in person, to support others who are not socially connected.
Lead an Outdoor Group Activity	Participate in group activities held at a distance. If you live in an apartment building with a courtyard, for example, someone might lead group activities such as light exercise or singing from the courtyard with residents participating from their balconies and front yards.
Check on Neighbors Who Live Alone	Check on your neighbors who live alone to ensure they are okay. From a safe distance, strike up regular conversations with these individuals at the same time every day or several times a week. Ask if they need anything before you go to the grocery store. Whether you live in an apartment or a house, you can give much-needed support to others in your community.

PLAY VIRTUAL GAMES

Method	Type/Title	Min. # People	Access
In-person, on phone or on computer	Drawphone (Pictionary-type game)	4	How are your drawing skills? Find out with friends! One player creates a game, the others join using a four letter code. Free. No app. drawphone.tannerkrewson.com/
In-person, on phone or on computer	Enigma (team strategy)	4	Send secret messages to your team while intercepting those of your enemy. netgames.io/games/enigma/
	Codewords (word play)	4	Rival code breakers try to identify their words before their opponents do! netgames.io/games/codewords/
	Spyfall (hidden identity)	3	Discover who the spy is by asking careful questions – but don't let them know too much. netgames.io/games/spyfall/
In-person, on phone or on computer	Kahoot! (trivia)	3	Host a trivia night – simply write your own questions or select a pre-made trivia game at www.kahoot.com . A free app is available. Get to guessin'! kahoot.it/
In-person, on phone or on computer	Museum Views (museum tour)	2	Take your Zoom around the world by visiting any of the thousands of museums that have digitized their collections or created a 3D tour. Have everyone find their favorite work of art and share why. artsandculture.google.com/project/streetviews

COVID CONNECTEDNESS TIPS



Method	Type/Title	Min. # People	Access
In-person, on phone or on computer	Fishbowl (word games and acting)	6	Also known as Salad Bowl, this game combines acting and word games. Participants write three to six nouns (person, place or object) on a slip of paper or through the website. fishbowl-game.com/
In-person	Outdoor Movie Night	2	Bundle up in the backyard and BYO-chair! All you need is a projector and a screen.
In-person	Book Club	4	A quarantine is the perfect time to pick up the books you've been procrastinating to read. Start a book club and invite some friends. Need inspiration? There are many websites like this one for ideas and discussion questions: bookriot.com/the-dutch-house-book-club-questions/
In-person	Art Night	2	Set up blank canvases or poster boards 6 feet apart. Search online for "painting video" and share it with participants – everyone can see the instructions and try their hand at painting the same scene. It's time to get creative with paints, markers or even crayons.
In-person	20 Questions (Alexa game)	4	With an electronic assistant, such as an Alexa, one person or couple selects a person/place/thing and tells the person on their right, who has one minute to get the Alexa to say the clue. (For example: Leonardo da Vinci – "Alexa, name a famous Italian artist" or "Alexa, who painted the <i>Mona Lisa</i> ?")
Remote through phone app	Heads Up! (word play)	3	Participants download the free Houseparty app, find their friends and begin a game! There is built-in camera functionality – it's like using FaceTime but with games.
	Trivia		
	Chips and Guac (word play)		
	Quick Draw (Pictionary-type game)		

Source:

International Council on Active Aging; <https://www.icaa.cc/blog/2020-04/10-ways-to-stay-connected-during-COVID-19.htm>

Johns Hopkins Medicine Healthy at Hopkins, *Staying Safe and Socially Connected*,

Retrieved from https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being/COVID/docs.html/Staying_Safe_and_Socially_Connected_final.pdf