

Think about Thursday – Connect



Staying well connected and sociable with people around us is good for wellbeing and mental health especially during isolation.

- Stay in touch with friends and family
- Adults might like to keep in touch with other adults on groups on social media.
- Stay connected to our **Coleshill Heath** Primary Facebook group. Request to join as this is a closed group for parents of the school.
- Children can **blog** and other pupils/staff can comment on their blogs
- Stay connected with our **School Dojo** system.
- Join us on Twitter **@nfowles5 @ColeshillHeath @lil_missteacher**

1 Have time together giving a family massage. It is great fun, relaxing and a good way to connect together. Try making and decorating a cake on each other's heads and backs.



2

Make up a family secret handshake.



3

Camping Theme



Have a family camping night in your living room. You can make a pretend fire and pretend to toast marshmallows around it. You could learn some camp songs.