

Think about Thursday – Connect



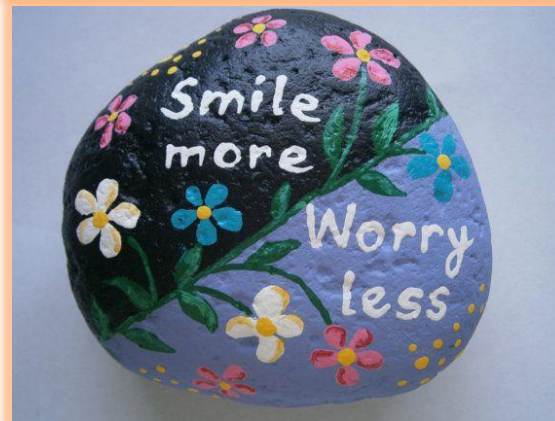
Staying well connected and sociable with people around us is good for wellbeing and mental health especially during isolation.

- 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 Connect with nature and sketch/paint some of the flowers you find in your garden or on a walk.



2 Connect with people by decorating a stone and leaving it on a nearby road, your front garden or in a local park. Look around for others that people have decorated and hide it in a new place.



3 Get your children to interview family members about their lives. Can they write about funny stories? Historical moments? What it was like in a different era for other generations.

