

# 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

Get a family member you can no longer visit, like a grandparent, to download/get the same book as your child. Through video calling, they can read together and talk about the book.



2

Draw around your arms and send a hug to someone you miss and can't hug right now.



3

Connect as a family and have fun together. Have a family games night.

