

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 your feelings and how to express yourself through art. Maybe a doodle a day?



2

Connect with family or friends and hold an online talent show through one of the platforms such as Zoom. Make sure that meeting codes and passwords are shared privately.



3

Connect with family and host a dinner party. Each member of the group is in charge of making a start, main, sides or dessert. Each person/family makes theirs and leaves a portion on the doorstep of the others. You can connect together to talk about what they liked about the meal.

