

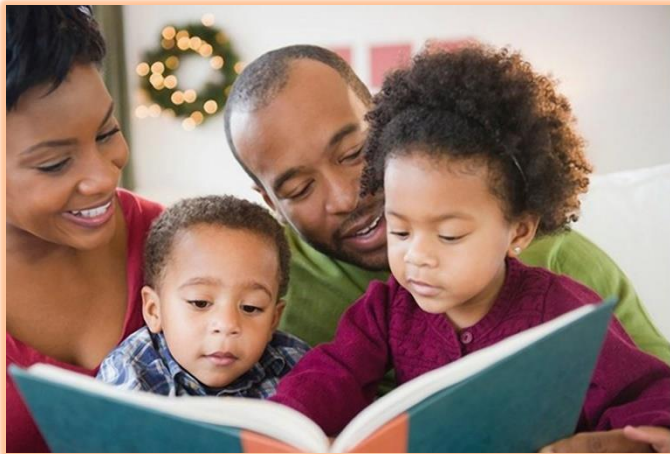
Think about Thursday – Connect



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 Look through old family albums together as a family. Share and talk about the memories.



2 Connect as a family with an 'Alexa' challenge. Ask Alexa, Siri, Google or Bixby to choose a random number from 1-(you choose) to decorate a cake. Assign each number to an ingredient, some nice, some not nice like beans, mustard, ketchup, and salt, to decorate a cake with. It is great fun!

3

Let your child/ren pick your outfit to dress you for the day. They will have lots of fun doing this and you will connect together through laughter and fun.

