

## THURSDAY–STAYING CONNECTED

'Surround yourself with people who make your heart smile.'

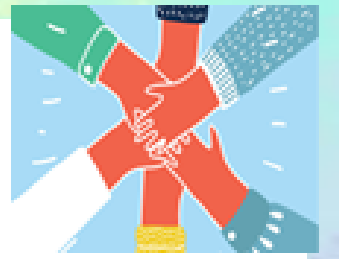
It is important for us all to feel close to other people and to show others how much you value them. Try to renew your connections with your family and friends today



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# Staying Connected

## Activity 1

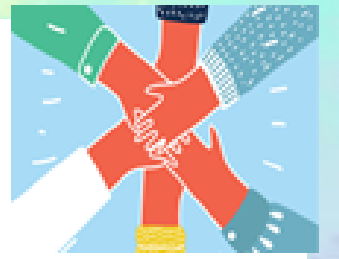


**Make friendship bracelets for your friends. Think about the colours that might suit them and explain your choices to them.**



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## Staying Connected Activity 2

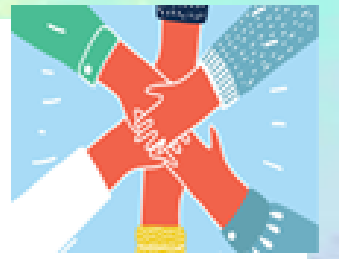


**Make a time capsule with your family:  
Put together a time capsule which you could bury that would inform people in the future about life during lockdown and any significant events that happened at this time. Share a picture/video of it.**



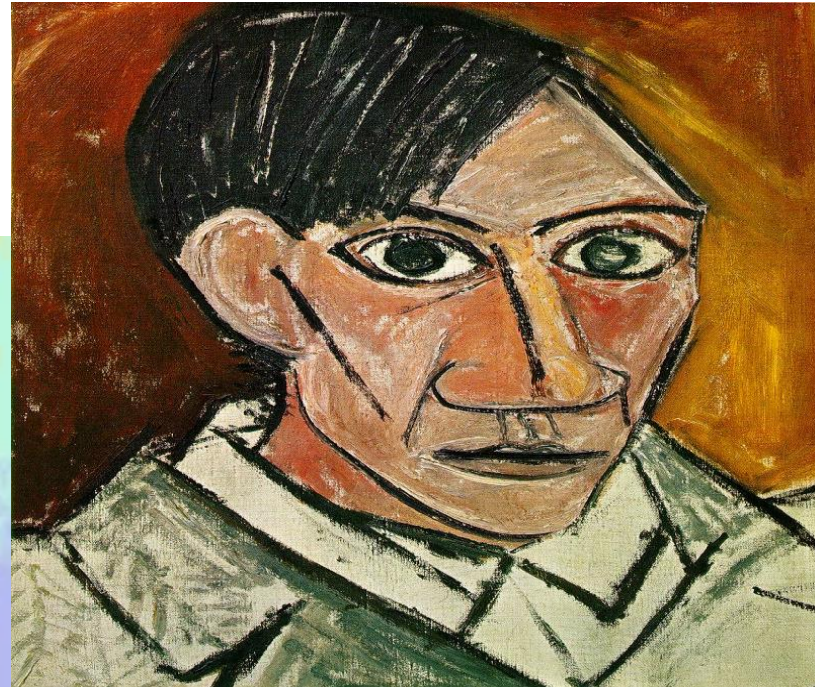
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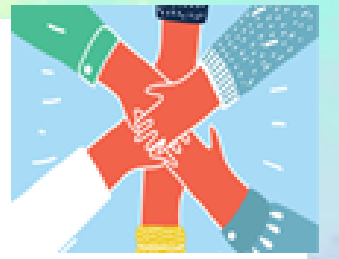
## Activity 3

Encourage everyone in your extended family, even those who are not in the same house as you at the moment, to create their own self portrait. This could be using paint, papier mache, colours, craft materials or in the form of a collage. When you are together again, create a family gallery.



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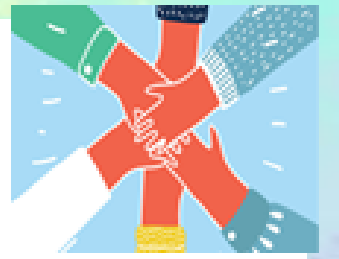
### Activity 4

Organise and host a virtual quiz for family and friends. Don't forget to write the questions and make prizes to send to the winners!



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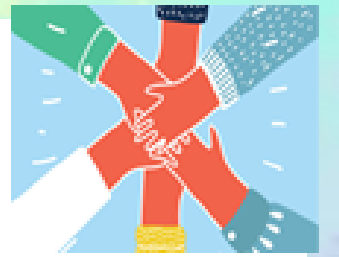
## Activity 5

**Direct the egg! Split into teams and challenge your family to carry an egg across the room in the most interesting and creative way possible. You are the leader and you need to practise your leadership skills to get everyone involved, be creative and win the challenge!**



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### Activity 6

**On small pieces of paper ask a family member to secretly write five things they love about you and their favourite memories of your time together. Put the pieces of paper in a jar or dish and discuss them one by one together.**



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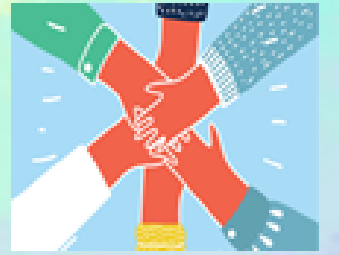
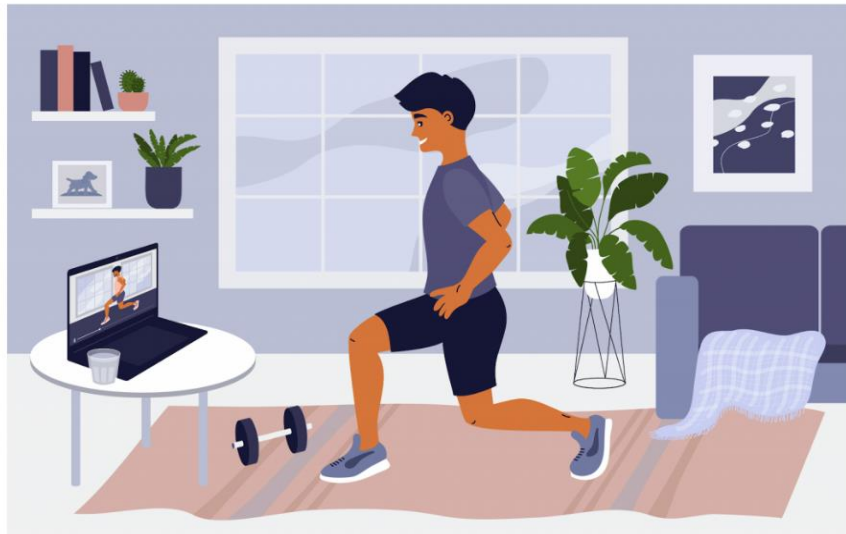
# Stay Connected

## Organise a Zoom workout

Get together with a group of friends and organise a zoom workout.

Plan the session so that each member of the group leads on a particular exercise.

Upload your efforts to Twitter or Instagram  
@CroesyPE  
#Croesywellbeingweek



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