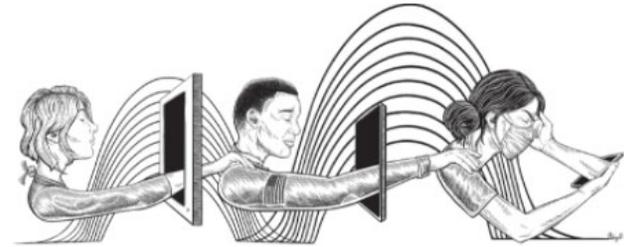


December 2020

Social Connection



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|---|
| 29 | 30 | 1 Send 5 friends a virtual hug. | 2 Schedule a zoom lunch with some co-workers or friends. | 3 Randomly send a photo of a feel good memory to a friend or family member. | 4 Leave a positive message for yourself to see on a regular basis. | 5 No plans day - make time to slow down and be kind to yourself today. |
| 6 Do a FaceTime/video call with a friend or family member. | 7 Send an eCard just because. | 8 Have a "virtual" happy hour. | 9 Call a friend on the phone so you can hear their voice. | 10 Turn your camera "on" in your next virtual team meeting. | 11 Use the chat feature in your next virtual meeting to show you're listening and engaged. | 12 Online gaming - grab a headset and connect with others from around the world! |
| 13 Virtual dinner - sit down with family members and dine together while physically distancing. | 14 Walk around the block with a neighbor while wearing a face covering. | 15 Tell a friend or family member 5 things you appreciate about them. | 16 Leave a note on a neighbor's doorstep. | 17 Write a positive message in chalk on your driveway for passersby. | 18 Volunteer with community support groups to do outreach calls. | 19 Host an outdoor concert for your neighbors. |
| 20 Send a card "snail mail" letting someone know you are thinking of them. | 21 Fill up your calendar with friends and family's special occasions - send a message to acknowledge them. | 22 Schedule time with a friend for a "tailgate" meet up in a parking lot. Wear a mask and keep distance. | 23 Wearing a mask covers your smile. Spoken words are more impactful to connect with others. | 24 Send a picture from your phone to someone you haven't seen in a while. | 25 Start a meme or .gif war with a group of friends. | 26 Have a virtual coffee date with a friend. |
| 27 Today, do something to make life easier for someone else. | 28 Do something to be kind to nature our planet. | 29 Notice when someone is down and try to brighten their day. | 30 Check in with someone who may be lonely or feeling anxious. | 31 | 1 | 2 |
| 3 | 4 | Notes | | | | |