

STRENGTH IN A TIME OF SOCIAL DISTANCING

CT-R ideas to promote togetherness, helpfulness, and a sense of control to continue progress when social isolation has been prescribed

- Trivia games
- Create & share art
- Take walks
- Group exercise/stretch
- Listen to music
- Watch a movie
- Have a talent show
- Share jokes
- Virtual tours of national parks/museums/zoos
- Watch online concerts or spiritual services
- Book/poetry/short story club

Connection

- Share humor or positive news with a group
- Decorate a space in art or positive lyrics/quotes
- Plant a windowsill garden
- Write letters to others (family or individuals who may be missing connection)
- Get involved in an organization to help others
- Teach skills or hobbies to others
- Share or teach spiritual/religious information

Contribution

- Plan or organize a club, activity, or project
- Participate in meaningful roles in activities (e.g. help set up or clean up, co-lead group)
- Brainstorm new daily schedule if regular schedule is disrupted
- Organize/clean up a space
- Share information, news, or inspiration during a community meeting

Control