






My Social Connections

- Use these ideas to help your child maintain supportive social connections.
- Social connections are especially helpful while we are sheltering in place.
- You can use these ideas at any time!

Ways to connect	Relation
 <p data-bbox="483 1037 613 1066">Video call</p>	<p data-bbox="928 646 1409 747">Grandmother, grandfather, uncle, aunt, cousin, other family member or friend who does not live with you</p>
 <p data-bbox="415 1451 691 1480">Send cards or letters</p>	<p data-bbox="928 1104 1409 1276">Community workers in hospital, post office, grocery store, and other essential services Family members or friends who live far away</p>
	<p data-bbox="928 1518 1052 1547">Neighbor</p>
<p data-bbox="350 1812 756 1877">Talk by the window or fence (Make sure you're 6 feet away)</p>	

Ways to connect	Relation
 <p data-bbox="402 655 699 688">Play a game in an app</p>	<p data-bbox="928 344 1187 373">Friend or classmate</p>
 <p data-bbox="375 1146 732 1180">Put up an encouraging sign</p>	<p data-bbox="928 726 1175 898">Mail carriers Garbage collectors Delivery services Neighbors Passers-by</p>

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Use the chart below to list your social connections and the ways you want to connect with them. When you connect with them, tell them how you feel and ask them how they feel.

Ways to connect	Relation