



Feel-Good Friday

Even when separated by physical distance, you can maintain and grow **connections** with family and friends. Here are a few **ideas**.

1. Look through a photo album or **pictures** stored on your phone or computer and send a copy of a photo to family or friends who are pictured there. Then, spend time **reminiscing** together.
2. Think of someone who has **helped** you or who has been an **inspiration** to you. Record a short video or voice recording of yourself to **share the memory** with that special individual, or send a hand-written letter to **thank** that person for the positive impact on your life.
3. Schedule a phone or video call with friends to talk while playing a **virtual card or board game** together online – some sites are free. Or, play a guess-the-drawing game using dry erase boards on a video call. **Virtual escape rooms** are available online. **Movies** can be viewed simultaneously in different homes while friends and family text each other comments about the movie. **Stand-up comedy routines** are available through streaming services and on DVD through the library. If you are on a phone call while watching the comedians together, you can share in some laughs at the same time. For a quick laugh, send a link to a **funny song parody** you find online or try your hand at changing a few lyrics on your own or through collaboration.
4. Use colorful **chalk** to write a **positive message** or to draw an emoji on the sidewalk outside someone's home.
5. You can **engage in conversations to support each other** by sharing your concerns, sadness, and frustration while empathizing with each other's challenges. You can also **choose uplifting conversation starters** such as, "Tell me something you're **proud** of. What is a **challenge you've successfully faced** and how? What brought a **smile** to your face today? Tell me about a time that you **laughed out loud**."

You Can Strengthen Connections with Family & Friends