



# Compassionate Connections Challenge

Keeping C.L.O.S.E. in the Age of Social Distancing. Tips to Keep “CLOSE:” We may be distant but we will always remain connected.  
Create Meaningful Connections • Leverage Technology Smartly • Organize Resources • Share Concern • Exhibit Optimism

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual coffee/tea date: Schedule one a day. It doesn't need to be more than 15-30 minutes	Hold gratitude circles at dinnertime.	Take a hike or visit the beach and pick up litter along the way	Send Peaceful Pen Pal letters to other kids in the USA.	Offer to pick up mail or run errands for elderly neighbors and leave shopping bags on their doorstep.	Make Peace Rocks. Paint rocks with kind words and place them around town to delight your neighbors	Breakfast and Book
Call or FaceTime friends, aunts/uncles, Grandparents, or Grandfriends just to say hello.	Family Yoga with Cosmic Kids  Follow Cosmic Kids Yoga on YouTube.	Water your plants, pick weeds.	Write and mail a card to a senior citizen who can no longer receive visitors due to the COVID-19 situation. If you don't know an elder to write to, you may send a generic card to a "Grandfriend" at your closest senior living facility.	Do household chores without being asked – make your bed, pick up your toys, clean your room/bathroom.	Design your own string of peace flags using old clothes, paint, or whatever materials you have available at home.	Pick at least one country from each continent and discover their favorite food/dish.
Use a free video platform to connect with Virtual playdate with other kids. Zoom, FaceTime, Skype, WhatsApp and Google Hangouts are some of our go-tos.  • Lego Masters – Create a LEGO challenge amongst a group of friends. Give the kids a timeframe to create.  • Send pictures of final creation on a video platform.	Family Game Night – get out the board games, decks of cards, chess sets and puzzles	Create an obstacle course with things from your home	Make up a poem with a positive message	Spend time taking care of your pet – feed them, brush them, walk them, clean up after them	Happy Heart Hunt. Let's blanket our world with LOVE! It's simple! Just make a heart from any object and tape it to a street-facing window to send your love out to the world. Encourage all your friends to do the same. Then, in a few days, take a family walk to search for other hearts on houses. How fun it will be to watch the love grow!	Take a Virtual Museum Tour together
Call or FaceTime friends, Grandparents, or Grandfriends just to say hello.	Have a spontaneous dance party! Crank the tunes and DANCE!!	Harvest seeds from fruits and replant them	Write positive messages on Post-It Notes and place on mirrors in your house	Record a message or skit of encouragement to support others and show love.	Create a family "masterpiece" out of recycled/repurposed items	Listen to music from different parts of the world.