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Connection Challenge — Week of April 5, 2020: Complete one or more of the Connection Activities below based on the Web of Support framework*. Capture the activity using whatever media you want - e.g., take a photo, record a video, make a drawing or comic strip, write it as a journal entry, step-by-step instructions, or as a poem. Right away or later, post & share the activity you captured to your favorite social media apps.

The Rule of Five

- Work with an adult to complete a household chore or other task; talk over together how the task could be split between the two of you & set a goal.
- Teach an adult in your home something they didn't know about technology (e.g., Instagram or a video game).

Tangible Strings

- Make a safety item for yourself or someone you know — e.g., face mask or hand sanitizer.
- Identify 3 or more specific items that will help sustain you and your household to shelter-in-place.

Intangible Strings

- Notice an intangible string shown by an adult around you — eg, patience, flexibility, reliability, etc. Describe how the adult showed they have that string.

Growing Your Balloon

- Write yourself a letter. A week later read it and then write another-start learning more about yourself.
- Find a photo of yourself and attach it on one side of a blank sheet of paper. Schedule a time daily, every other day, or weekly that you self-reflect and identify a particular strength you noticed about yourself this week. Add its name and/or short description around your photo.

Scissor Cuts

- Generate one or more Memes taking a negative aspect of the Covid situation — e.g., effects to social life — and make it funny. The featured image doesn't have to be technology-based; you could draw the picture or cut out something from a magazine.



Caring for the Carers

- Write encouraging notes to elders or neighbors and mail or hand-deliver, as possible.
- Create a positive message sign to put in a neighbor's yard so they can read it from their window or in your yard for passersby to read. Consider changing the message every week, so people can look forward to something new routinely.

Social Norms

- Perform a small, community service project every week — e.g., piling wood daily by a neighbor's door, picking up litter along your road, etc.
- Get together online with peers to coordinate performing a poetry slam or musical concert; make sure to let people know how to virtually attend in the audience.

*To learn more about the Web of Support framework & get other resources, visit bit.ly/connection-resources.