READ and THINK before you ACT.



Leading through Reading

Yearning to Hang Out (3-5)

READ



Do you miss hanging out with friends? People like to be around other people. They like to do many things together. Talking, listening and playing are important parts of being with our friends.

It is normal to feel sad because it is hard to be with your friends right now, but it is important to do things that make you feel better.

The good news is that there are ways that you can <u>safely</u> hang out with people your own age.

THINK

Read ideas on keeping kids social right now with your parents: <u>Good Housekeeping</u>

Other than hugs or high fives, what helps you to feel connected to friends? Is it seeing their faces? Hearing their voices? Is it that they understand you? Do you seem to have your own special language? How can you still enjoy those things?

ACT



Start a Group Text!

Ask your parents if you can text a few friends at the same time in a group text. Texting allows people to take their time in answering.
Chatting can happen over time.
Lots of friends chatting together is fun, but there is nothing as great as chatting one-to-one with a bestie/best bud. Ask if you can do that too!



Host a Game Event!

Explore <u>Chesskid.com</u> with your parents to learn how your family can host game events for your friends. Maybe your family would like to host a:

- Live Online Chess Tournament
- Puzzle Duel Competition
- Bots Challenge



Take a field trip with a friend!

Call a friend while you are both looking at beautiful destinations. When you are on the phone, you can each tune into the same web cam. Try one of these:

- Monterey Bay Aquarium
- San Diego Zoo
- Palm Beach County beaches
- US National Parks

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