

What have you been doing to keep yourself busy?

How have you been connecting with your friends?

What about with friends who live farther away?

Why is staying in touch with friends so important right now?

What are ways that you make it known to your friends that you care about them?

This week spend some time letting a friend who you do not normally talk to know that you care about them. Reach out and spend some time connected to that person.

We are living in an isolating time right now, and it is really difficult for a lot of people. Hearing from someone that you don't often hear from can be a really great thing.