

# SJT - Looking after me

Staying Connected



# Staying connected



One of the hardest aspects of lockdown is the social distancing. This video shows a nurse being reunited with her family after 9 weeks of being separated.

<https://youtu.be/y4kVdxtW-sE>

Who have you missed most during lockdown? How have you managed to stay in contact?

# Staying connected



Staying in touch with friends is so much easier now with technology.

Have you considered making plans to video chat with people or groups you would normally see in person?

Can you think of other ways to keep in contact with people while meeting in person is restricted?

# Staying connected



When was the last time you received post addressed to you?

It can seem old fashioned, the thought of writing a letter, but it can be a great way of communicating. And good practice before you return to school.

Can you think of a friend, neighbour or relative that would appreciate receiving a letter/card through the post? What would you write to them about?

# Staying connected



At the beginning of each lesson today we have discussed how to stay connected.

If you are worried that you might run out of stuff to talk about, plan with someone to watch a show or read a book before your virtual meeting so that you can discuss it together when you contact each other.

Think about how you are going to stay connected. Write down the names of two people you are going to make an extra effort with this week. How are you going to contact them?