

# CARING CONNECTIONS: Strengthening Relationships by Practicing Kindness, Being Grateful, and Spending Quality Time With Those We LOVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Do something helpful for a family member or friend.</p> 	<p>Connect with a relative to say hello and chat.</p> 	<p>Count your blessings: List the kind things others have done for you.</p> 	<p>Create and then share a card or a piece of art with someone you love.</p> 	<p>Go outside and find one thing that reminds you of someone. Share what you find and your why.</p>	<p>Create a cell phone / device parking lot so you can enjoy device-free moments together each day.</p>	<p>Find a deck of cards and play a game like Crazy Eights, Spoons or Go Fish.</p> 
<p>Find a joke that you love and share it with 2 other people in person, by phone, or virtually.</p>	<p>Work together to plan a 3-course meal. Write down / draw each part of the meal to share as the menu for the evening.</p>	<p>Go outside and find materials to create a centerpiece for others to enjoy!</p> 	<p>Name 3 things you are grateful for. Draw a picture or write a list of these things and then post in a prominent place.</p>	<p>Work to create 5 "happy cards" for seniors that are in a local nursing home. Drop them off for them to enjoy.</p>	<p>While washing your hands look at yourself in the mirror and tell yourself one thing you like about YOU!</p>	<p>Do one act of kindness to make life easier for someone.</p> 
<p>Thank 3 people you are grateful to and tell them why.</p> 	<p>Smile at the people you are with to brighten their day.</p> 	<p>Learn one new thing today and share what you learned with someone.</p> 	<p>Choose a favorite song(s) and enjoy a spontaneous dance party.</p> 	<p>Get a deck or two of cards and build a home. Talk about what makes a home safe and what connects us to others.</p>	<p>Go outside and enjoy a game of "Red Light, Green Light." Be sure to run, walk, slide, jump and enjoy other creative ways to move.</p>	<p>Design and create a musical instrument. Enjoy a sharing concert.</p> 
<p>Ask someone to do what you LOVE to do today.</p> 	<p>Send a message or letter to someone you cannot be with today.</p> 	<p>Find a favorite book and read it or share it with someone.</p> 	<p>Enjoy a scavenger hunt with someone. Both write lists of 5 things the other person will look for, switch lists and then GO!</p>	<p>Notice 5 things that are beautiful within your world. Share your ideas with someone.</p> 	<p>Learn how to play hopscotch and then PLAY!</p> 	<p>Thank someone and tell them how they make a difference for you.</p> 



## **Caring Connections Calendar**

**Authentic connection provides a buffer that softens the negative effects of stressful situations. As you and your family cope with the life changes and anxiety caused by COVID-19, use activities from this Caring Connections Calendar to enjoy restorative moments of bonding, beauty and joy.**

Created by Master Instructor Kim Hughes, the Caring Connections Calendar features activities that strengthen relationships by practicing kindness, being grateful and spending quality time with those we love. Each activity builds connection while encouraging kind acts, helpfulness and positivity.

Like connection, being kind and helpful to others is a biological imperative that is required for optimal brain development. It also releases feel-good chemicals and hormones, something we could all benefit from right now.

Similarly, focusing on the positive creates more positivity. Practicing gratitude offers significant benefits for our mental and physical health, including enhanced empathy, better sleep and improved self-esteem. The activities included in the Caring Connections Calendar may seem simple, but the impact they'll have on you and your family is powerful.