

# CREATE MORE CONNECTIONS

Hello! I'm Kelsey. In my video series, the projects are all about how we can stay connected with people we care about, even though we're in a time where we need to keep our distance. In every video, you will make something. Get ready to get a little creative, maybe a little messy, and maybe try something new.

## Project 1: Reset



These two short creative activities give your mind and emotions a reset. Find a friend to try out a brand new way to hug. Or take time to redirect the energy of thoughts in your head down to your hands and what's present in front of you.

## Project 2: Tower of Gratitude



Build a tower of gratitude to give back to someone who lifts you up. Celebrate your shared connection, memories, and why you care about each other. Make sure to do the best part: give your tower to your person!

## Project 3: Personal Timer



Make a machine that records your own personal sense of time. Turn it on when you're ready to spend the amount of time you need with a thought or a memory. Turn it off when you're ready to release that thought and be done. What you have left is a special image you can keep or share with someone to let them know you've been thinking about them.

## Project 4: Make an Encouraging Banner



Amplify your voice to give someone—or a lot of someones—encouragement and care from a distance. Make a banner with a positive message you can hang up. Your voice matters. Your creativity is power.

## Project 5: Drawing to Listen



This is an activity you can do with someone you're away from who you'd like to be closer to. Use your ears, eyes, and hands for 3X listening power and get a window into each other's daily world. Watch these instructions and go schedule a time with a friend.

## Project 6: Shopping for Fun



This is Part 1 of a two-part activity. We're working on making a 3D Pop-up To-do List of Fun Things We Plan To Do With a Friend. In Part 1: Shopping for Fun, we're browsing and collecting things we look forward to doing with people we care about. We're shopping for ideas and putting them on our to-do list.

## Project 7: Pop-up to-do List



This is Part 2 of a two-part activity. We're learning and practicing pop-up techniques. We're also using the to-do lists we made and turning them into a 3D Pop-up To-do List of Fun Things We Plan To Do With a Friend.

## Project 8: Positive Obstacle Course



We're creating a giant map that celebrates all of your and your friends' positive qualities, talents, and abilities as a DIY map of positive obstacles you can hang out in. This is an activity we highly suggest you do outside and with a group of friends.