



Connecting with loved ones

Keeping emotionally connected when you're physically apart

Staying connected to the people we love most has never been more important. Be it your partner, family member, best friend or teenage love, here are some tips on keeping emotionally connected when you're physically apart.

Have a virtual dinner

Sharing meals is a great way to open up conversation. Don't let distance stop you. Use online chat over dinner and have a virtual date.

Share a recipe

Further to your virtual dinner date, how about you both agree to use the same recipe so you're eating the same thing at the same time! You can enjoy the deliciousness together!

Create an adventure

For children and adults alike who aren't able to catch up with friends face-to-face, have them create a series of challenges, things to do or items to collect for their friend. The recipient can then send back photos of them finishing the tasks.

Share a playlist

This can be as simple as sending a list of favourite songs or if you have music streaming services such as Spotify you can build a shared playlist.

Read a book

Set up a mini book club with your friends and have a virtual book club meeting each week or have a friend or relative call in to read a bedtime story.

Play a game

Real life Boggle or Scattegories are great examples of games you can play while on video chat.

Go old school

Write a letter. This is a lovely idea for everyone, but what a great activity for teenagers; it gives them something to do on the holidays and receiving surprise mail is a treat.

A day in the life

Take photos of your activities throughout the day and share them with your loved ones. They get to see how you spent your time and it's a great way to prompt conversation next time you're chatting.

Watch a movie

Use video chat or have a phone call whilst watching the same movie or favourite TV show at the same time.

Plan ahead

Planning a get-together can be as fun as the get-together itself. If your loved one can't be with you, spend some time chatting and planning for the time when you will be back together.

Friendship / love lamps

This one is for those that like technology and want a more permanent reminder. Friendship lamps are two separate lamps that change colour once touched. When one person touches their lamp, the alternate lamp changes colour too as a reminder that their loved one is thinking of them.