

STAY CONNECTED

# My plan to keep in touch

Materials: Worksheets, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Being connected to others helps us feel better. But when we move to a new location, it often takes time to feel connected. After all, everything is different: We have a new home, a new school and often our old friends are now far away.

While you work on making new connections with new friends, it's important to stay connected to old friends and family.

With all the technology available today, there are many ways to connect with your friends and family. You can send emails, postcards or letters; take and send photos; reach out via Facebook<sup>®</sup>, Instagram<sup>™</sup>, Skype<sup>™</sup> and Snapchat; and plan visits during summer vacation or other free times.

Let's each figure out and write a plan to stay in touch.

We'll set the timer for 10 minutes. When the timer sounds, let's share our action plans to keep in touch!

(Set the timer for 10 minutes.)



## MY ACTION PLAN TO KEEP IN TOUCH

Large rectangular area with horizontal dotted lines for writing an action plan.

