Making Connections Challenge

Think about all the different people in your local community and how the virus might be affecting them. Here are some examples:

- **Doctors, nurses, cleaners working in hospitals** - they will be very busy and tired.
- **Older people such as grandparents** - they will be having to stay in and not see their family and friends. They might not have internet access for keeping in touch.
- **Children** - a few will be going to school, and many won't - both groups will be missing their friends and school activities.
- **People who work in supermarkets or in producing food, such as farmers or factory workers** - they will be very busy and perhaps working longer hours.

You can probably think of lots more!

Choose one of these groups and work with a friend by phone or email, or with members of your family, to think of how you might be able to cheer up those people and show them your support. Remember to keep yourself safe at all times.