

SHARED ACTIVITY BOARD

Meaningful Ways To Connect

Enjoy making meaningful connections with others by engaging in uplifting activities together.

Cook a new meal together

Go on a themed walk

Have an picnic in the park

Play a board game at home or in a pub

Enjoy a yoga, breathing, meditation class

Help them redecorate or paint a room

Write a letter to your past or future selves

Make bread biscuits or a new dessert together

Help with their gardening or chores

Take a local or online creative class

Prepare and/or share an afternoon tea

Enjoy a meal out together

Have a themed movie night & snacks

Attend a community clean-up or event

Play music or sing karaoke

Play bowling, darts or crazy golf

Learn a new skill or language together

Join a sports or fundraising event

Work on a jigsaw puzzle

Attend a pub quiz together