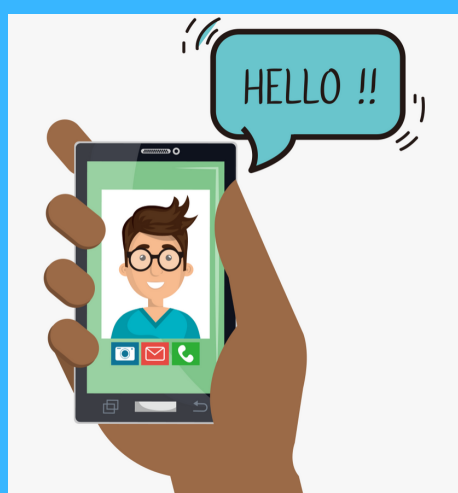


# PHYSICALLY DISTANCING DOES NOT MEAN SOCIALLY DISTANCING

How College Students Can Stay Connected

HERE ARE SOME HELPFUL SUGGESTIONS:



## REACH OUT TO YOUR FRIENDS

- Schedule Facetime or Zoom dates with friends
- Share a [Google Doc](#) where you write diaries of what is going on
- Use Netflix to watch shows with friends

## REACH OUT TO YOUR PROFESSORS

- Go to office hours and share things about class or life in general
- Email media to them that relates to class
- Attend classes and participate



## DO ACTIVITIES WITH PEOPLE YOU ARE QUARANTINED WITH

- Cook new meals together
- Use chalk to decorate the driveway
- Camp outside in the yard

## EXERCISE WITH OTHERS

- Participate in online fitness classes offered from [Planet Fitness](#), [Orange Theory](#), or [ClassPass](#)
- Call your friends while on a run
- Lead a workout class with your friends



## GAME WITH OTHERS

- Play your favorite video games online with your friends
- Games like HORSE or Chess can be played over FaceTime
- Download multi-player game apps like Animal Crossing

