

## **Writing to Relatives and Friends**

Write a letter or make a card for a relative who you haven't seen for a long time. Plenty of us have older relatives who may have been particularly isolated during this lockdown. Writing to them with an update about what you're doing will mean a lot to them, and show them that they are in your thoughts.

Send a friend who you haven't spoken to in a while a handwritten note/drawing/picture of you both together.