

YOU CAN BE A LEADER

in protecting your family, friends and community.



Send a message or call grandparents, relatives, friends, teachers and people who will get a mental boost hearing from you.



Chalk Your Walk

Use sidewalk chalk to draw fun pictures and write encouraging and hopeful messages for neighbors to see as they walk.



Virtual Pen Pal

Have your parents help you connect with someone you would like to know more about and start a virtual pen pal exchange. Ask your pal their favorite food, activity, song, movie and other fun facts.

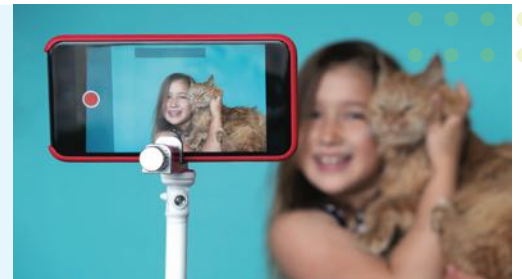
Chain of Positivity

Share quotes and positive thoughts with the contacts in your phone and on social media to inspire and encourage.



Go Viral in a Positive Way

Post a homemade video about beating COVID-19 on social media and watch it go viral.



Video of Hope

Send a video message to a retirement or nursing home to provide hope, inspiration and connection to those who can't have visitors in person.

Video Chat Book Club

Read with friends or family. Find a free book you can read together and discuss, or read a story to a grandparent using a video chat app.



Video Chat Karaoke

Set up a video chat karaoke party with friends or family to sing and dance.

