

CREATED BY GIRLS, FOR GIRLS

# GUIDING, IN YOUR POCKET!



## CONNECTING CALENDAR

While we are social distancing and staying at home, it's important to continue connecting with our family and friends. Here is one way of reminding ourselves to do this daily.

### Create your calendar template

You can use any one of these methods to create your calendar template.

- Use a computer to search for images for a pre-made weekly calendar template or create a weekly schedule in your preferred text document or spreadsheet, then print it out.
- Draw up your own template on a piece of paper, any size and colour you like, including each day of the week in separate columns.
- Use a whiteboard to write each day of the week, leaving space to add your loved ones and activities in the next steps.



### Choose activities and family/friends

Once you have your calendar template completed, you can choose which family and friends and activities you will do this week.

Some examples are below:

- Monday= Picking flowers with Mum
- Tuesday= Facetime call with friend
- Wednesday= Write notes for Dad
- Thursday= Phone call with Grandma
- Friday= Movie night with sister
- Saturday= Chat to neighbour
- Sunday= Walk dog with brother

## Add to your calendar

As soon as you've got all of your activities for each family member or friend, write them in your calendar on the chosen day.

Your calendar might look like this:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mum Flowers	Friend Facetime	Dad Notes	Grandma Phone Call	Sister Movie Night	Neighbour Chat	Brother Walk dog

## Decorate your calendar

You could add small pictures relating to the activities you have planned or just to make your calendar more decorative.

We hope you enjoy making your calendar and staying connected!

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