

Get Social Challenge

After a tough year, there's never been a better time to connect with friends and family, as well as meet new people while you're at it.

If you're feeling a bit out of practice, we've created a checklist to give you some ideas and keep track of your progress.

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| <input type="checkbox"/> | Go for a coffee with an older person in your life (tea or hot chocolate is also acceptable) | <input type="checkbox"/> | Apply to volunteer for a cause you care about. See volunteer opportunities at the Y to get the ball rolling. |
| <input type="checkbox"/> | Invite a friend over to binge watch a classic TV show (Avatar: The Last Airbender is a classic) | <input type="checkbox"/> | Join a social sports team – even just as a fill-in to start |
| <input type="checkbox"/> | Go to a group fitness class at your local Y and say hi to the person next to you | <input type="checkbox"/> | Invite a friend over to cook a meal together (we didn't say it had to be fancy, chicken nuggets count too!) |
| <input type="checkbox"/> | Take the dog for a walk and chat to other dog-walkers | <input type="checkbox"/> | Join a book club, and go to the meet-ups even if you haven't read the book! |
| <input type="checkbox"/> | Watch a movie with your sibling (animations are acceptable for all ages) | <input type="checkbox"/> | Make your friend's day and give them a genuine compliment |
| <input type="checkbox"/> | Organise a picnic with a group of friends | <input type="checkbox"/> | Instead of scrolling Instagram, call up a friend you haven't seen in a while for a quick chat |