

Over the last few years due to COVID-19 quarantining, we learned the new norm of practicing socializing from a distance. Since then, we now again move freely and interact face-to-face. But for those who prefer to continue to follow social distancing, there are numerous ways to still socialize while maintaining your distance.

Keeping Your Distance

- #1 Video chat with friends and family (Facetime, Google Hangouts, Zoom, Skype)
- #2 Host virtual happy hours where everyone brings their favorite drinks and snacks.
- #3 Host an online book club
- #4 Host a “Netflix Party”
- #5 Host an online scavenger hunt (meet via Google Hangouts, Zoom, Skype then give everyone a fun list of items to find in their house and “show off” what they find when time is up!)
- #6 Host a photo/video scavenger hunt—give them a list of silly things to do and take a photo/video of themselves to share with the group
- #7 Play digital board games together
- #8 Practice your photography skills and share with friends
- #9 Write a story together—one person in the group writes a couple sentences, then emails it to the next group member who adds another couple sentences and passes it along. Keep going as many rounds as it remains fun!
- #10 Play a social online game together (e.g., Words With Friends, Draw Something, Golf Clash)
- #11 Have an Online Karaoke party
- #12 Play “Car Pool Karaoke” via Zoom—take turns picking a song and challenge other(s) to sing along. Everyone starts muted, then selectively unmute friends to share their performance with the group.
- #13 Watch a movie or show “together” via Zoom, Facetime Group, Google Hangouts, Skype, Facebook Live or host a movie Tweet-along via Twitter (start your own #hashtag)
- #14 Do a craft “together” via Zoom, Facetime Group, or Google Hangouts

#15

Send emails, notes, texts to your friends and family expressing gratitude and/or admiration

#16

Do a fun workout or dance class with your favorite instructor on Instagram Live

We hope you find these tips and resources helpful. [UCR Healthy Campus](#) and the [Faculty/Staff Wellness Program](#) remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to healthycampus@ucr.edu or wellness@ucr.edu.

Stay safe and healthy!