

For many of us, doing our part to slow the spread of COVID-19 also means facing social isolation. This can result in feelings of loneliness, depression, anxiety, and more. Staying connected while physically apart helps your neighbours and yourself through these difficult times.

The Together Apart Grant is an initiative to encourage Chilliwack residents to engage in projects that promote positive social awareness and connectedness while physically apart.

The City of Chilliwack will celebrate and share the success of your project so more people can be inspired by your efforts to support your community. Together, we can create a ripple of neighbourly kindness that spreads through our City!

Welcome to the INSPIRATION CORNER!

Are you wondering how to connect with your neighbours during these unprecedented times and without interacting with them in person? Welcome to the Inspiration Corner! Find some inspiration and ideas below!

Inviting Neighbours to Participate

Here are some tips to invite your neighbours to take part in the project you are hosting:

- Call or email those you can
- Post in your local neighbourhood's Facebook or other social media group
- Put up posters around the neighbourhood, in your window, or on your lawn
- Talk to your neighbours from a safe distance (six feet) if you see them outside

Be sure to let people know:

- WHEN to join in
- HOW to join in
- That it's FREE to participate!



Virtual Block Parties

Meet your neighbours and get to know those on your block. A virtual block party is just like a block party on the street without having to close down the road! Using a variety of video calling services and websites, you can host all sorts of virtual events such as virtual picnics and board game nights. Some board games, like Pictionary, can be set up over video calls.



Virtual Skill Sharing

Share your skills or invite a talented neighbour to share theirs. Host a **virtual workshop** for your neighbours to learn how to cook your famous meatballs, bake your always popular apple pie, knit those toques your kids wear, or play Chopsticks on the piano.

If your neighbours don't have the tools to learn along side you, a **virtual performance** can be a great way to share gifts. Some ideas for performances include music concerts, puppet shows with homemade puppets, or a magical illusion show!

Scavenger Hunts

Organize a list of things to do or find in your neighbourhood. You could even include prizes for the winners! Scavenger hunts come in all forms. Here are some examples:

- Window Art scavenger hunts invite everyone to participate in both sides of the hunt.
 Pick a theme and have neighbours creatively put images in their window for hunters to search for! Our template on <u>page 3</u> is for a Hearts in the Windows theme.
- A Family Photos scavenger hunt is a list of things for families to search for and take a
 picture with. Invite neighbours to share fun photos in your community Facebook group
 if you have one! Find a starter list on <u>page 4</u>!
- A **Checklist** is a more traditional scavenger hunt. Provide a list of things that can be found around the neighbourhood for hunters to seek out! Find a starter list on <u>page 4</u>!



Sidewalk Chalk Games

Get some sidewalk chalk and draw out activities for neighbours and passersby to enjoy on a sunny day! Games could include hopscotch, "obstacle courses", and mazes! Find some examples of each on <u>page 5</u>!



Neighbourhood Window Art Scavenger Hunt

Hey neighbour! Will you join me in creating a scavenger hunt for our community?

Our theme is HEARTS FOR ALL!

Print and colour these hearts or make your own to put up in your window where it can be seen from the sidewalk!

Let me know how many hearts you put up so we can keep a count of how many hearts there are to find!

#ChilliwackTogether

Scavenger Hunt Examples

Family Photo Neighbourhood Scavenger Hunt Scavenger Hunt Can you find and take a photo Can you find and take a photo of with all these things at home or in all these things at home or in our our neighbourhood? Get creative! neighbourhood? Get creative! An animal An animal that flies A plant taller than the people A stop sign in the photo A leaf with no holes A plant shorter than the peo-An animal with more than four ple in the photo legs Something not touching the A piece of art ground Something handmade Someone who is upside down A piece of art

SIDE WALK CHALK ACTIVITIES

HOPSCOTCH CAMES

Hopscotch grids can be drawn in a variety of patterns.





Include a list of different ways for neighbours to go through your hopscotch grid:

1. HOP THROUGH ONLY ON ONE LEG 2. HOP ON ONLY EVEN NUMBERS 3. USE LEFT FOOT FOR ODD NUMBERS

OBSTACLE COURSES

Step through the footprints then jump over the x's!

SIDEWALK MAZES

Sidewalk mazes are great because anyone can play and no instructions are required!

New challenges can be made from time to time as it gets washed away. In drier weather, a wet sponge and more chalk is all you need to make small changes to your maze for neighbours to jump into all over again! Draw some obstacles for neighbours to jump over, twirl around, clap through, or whatever else you can think of!







Follow the rainbow path to the finish!

