

LEITH ACADEMY WELLBEING WEEK

Day #5 – CONNECT

“Connecting to another is one of the most important things in the world and you can keep expanding that connection - one person, a family, a community, a country, a society, a culture.” ERIC FISCHL

Today’s video talks about the importance of connection. Playwright James Ley takes us through the magical steps of letter writing and how it can not only help us keep in touch with people but it can also be a way of relieving stress and getting our feelings off our chest. Give it a shot and see how connecting with others will help elevate your mood but also help you check in with yourself.

If you struggle with writing, don’t forget all the technology you have around you. Pick up the phone and give your friends and/or family a call. Why not set aside a time every week when you catch up with your bestie, or even just agree to text your friends every morning to make sure they are okay.

Matthew in S6 has been researching how playing video games can relax you and help you stay connected:

Online games can be a great way to connect with your friends, especially during lockdown. After Christmas, I couldn’t meet my friends in person so we had to find a game we could play together to keep in touch and fight off boredom. We’ve been playing a sandbox game called Garry’s Mod which is free and very fun. Games can give you a sense of escapism, feel accomplished and stay in touch with friends.

If you enjoyed the letter writing workshop, why not write a letter to your future self, telling them about what life is like today in 2021. [Futureme.org](https://futureme.org) allows you to type an email and send it to yourself, setting a date in the future for when you will receive it. You could set it to arrive next year, or you could set it for when you are due to leave school, there are so many possibilities. And if you were really feeling ambitious, you could also turn all your writing into a diary or journal, or even some creative storytelling or poetry.

Before the pandemic, we were able to go to the theatre together, sharing our thoughts during the interval or on the way home. You might have come with us on one our Culture Club trips to see the ballet, an opera or a play. Maybe during lockdown you could try to host your own sort of digital Culture Club with friends and family.

It is a good chance to connect and discover new things. You could set up a video call at a specific time – then watch a gig, a movie or a TV show together on the call. You could theme the whole night and go all out with dressing up for it. There are services such as [Watch Party](#) and [Teleparty](#) which help you synchronise watching with others.

