

Staying Safe and Socially Connected

"Social connection is a fundamental human need." — Emma Seppala, et al., The Johns Hopkins University's Project MUSE

During this time, it's best to stay physically distanced while seeking a social connection. Playing games and performing other activities are great ways to engage with friends, family members and colleagues. Below, you'll find some ideas to help you have fun and remain safe.

Method	Type/Title	Min. # People	Access
In-person, on phone or on computer	Drawphone (Pictionary-type game)	4	How are your drawing skills? Find out with friends! One player creates a game, the others join using a four letter code. Free. No app. drawphone.tannerkrewson.com/
In-person, on phone or on computer	Enigma (team strategy)	4	Send secret messages to your team while intercepting those of your enemy. netgames.io/games/enigma/
	Codewords (word play)	4	Rival code breakers try to identify their words before their opponents do! netgames.io/games/codewords/
	Spyfall (hidden identity)	3	Discover who the spy is by asking careful questions — but don't let them know too much. netgames.io/games/spyfall/
In-person, on phone or on computer	Kahoot! (trivia)	3	Host a trivia night — simply write your own questions or select a pre-made trivia game at www.kahoot.com. A free app is available. Get to guessin'! kahoot.it/
In-person, on phone or on computer	Museum Views (museum tour)	2	Take your Zoom around the world by visiting any of the thousands of museums that have digitized their collections or created a 3D tour. Have everyone find their favorite work of art and share why. artsandculture.google.com/project/streetviews





In-person, on phone or on computer	Fishbowl (word games and acting)	6	Also known as Salad Bowl, this game combines acting and word games. Participants write three to six nouns (person, place or object) on a slip of paper or through the website. fishbowl-game.com/
In-person	Outdoor Movie Night	2	Bundle up in the backyard and BYO-chair! All you need is a projector and a screen.
In-person	Book Club	4	A quarantine is the perfect time to pick up the books you've been procrastinating to read. Start a book club and invite some friends. Need inspiration? There are many websites like this one for ideas and discussion questions: bookriot.com/the-dutch-house-book-club-questions/
In-person	Art Night	2	Set up blank canvases or poster boards 6 feet apart. Search online for "painting video" and share it with participants — everyone can see the instructions and try their hand at painting the same scene. It's time to get creative with paints, markers or even crayons.
In-person	20 Questions (Alexa game)	4	With an electronic assistant, such as an Alexa, one person or couple selects a person/place/thing and tells the person on their right, who has one minute to get the Alexa to say the clue. (For example: Leonardo da Vinci — "Alexa, name a famous Italian artist" or "Alexa, who painted the <i>Mona Lisa</i> ?")
Remote through phone app	Heads Up! (word play) Trivia Chips and Guac (word play)	3	Participants download the free Houseparty app, find their friends and begin a game! There is built-in camera functionality — it's like using FaceTime but with games.
	Quick Draw (Pictionary-type game)		

Other Opportunities to Connect



Review the Healthy at Hopkins <u>resources</u> available to you in the workplace.



Visit <u>my.jh.edu</u> and select the Healthy at Hopkins logo to visit the portal and start a personal challenge with a colleague.



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