

Getting Together



Photo Credit: Pinterest

A Neighborhood Guidebook:
*How to Shrink the Distance Between
Us and Still Remain Six Feet Apart*



OPENING MINDS
SAVING LIVES

Ideas created and inspired by
Jana Marie Foundation

www.janamariefoundation.org
www.facebook.com/janamariefoundation

Getting Together

Introduction

We are all trying to find ways to stay connected while still keeping our distance as we live through this COVID-19 pandemic. While we need to keep our physical distance from each other, we can still be creative in how we connect with our friends and neighbors and help each other get through these difficult days.

Facebook groups, the Nextdoor app, group texts, a group email, or simple phone calls can all be used to share and schedule these activities.

We hope this guidebook will provide you with ideas and spark creativity for new methods to reach out to each other and remind ourselves and our neighbors that while we may be isolated, we are not alone!

At the end of the guidebook there are graphics that you are more than welcome to use to share your plans with your friends, family, and neighborhoods.

Sincerely,

Marisa and Miriam
Jana Marie Foundation

Please follow all current CDC and other government agency recommendations for COVID-19 safety, including keeping a minimum social distance of 6-10 feet.

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Activities

Getting Together

Pavement Picassos

Description: Grab some sidewalk chalk and use the space in front of your home as the canvas. This is an activity for all ages. Each neighborhood family can work together with the people in their house to create their own masterpiece and bring a little color into this world.

How it works:

- Choose a day in the week that has a fair-weather forecast
- Encourage neighbors to participate and color outside their homes as well
- Give a time of day by which all outdoor artwork needs to be completed
- Then have a "gallery walk" through the neighborhood at a designated time
- Neighbors can walk at their own pace, easily keep their distance, and admire the creativity and color that popped up over the course of the day

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Driveway Dinners

Description: Enjoy dining "al fresco" on a pleasant spring evening and wave to neighbors who are doing the same.

How it works:

- Choose a day in the week that has a fair-weather forecast
- Send a notice to neighbors inviting them to join you for a "Driveway Dinner"
- Each neighbor provides their own meals
- Each neighbor puts a portable table and chairs or a large blanket out on their front lawn or driveway
- Enjoy your meal outside along with the company of neighbors around you from the safety of your home
- Wave to each other and toast to an evening "out" together

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Garage Bands

Description: If you or someone in your house plays an instrument (even a kazoo counts!) or enjoys singing, share your talents with neighbors on a designated day or evening.

How it works:

- Choose a day in the week that has a fair-weather forecast
- Send a notice to neighbors inviting them to share their musical talents at a designated time
- Have musicians set up in their garage or in the front of their home and sing and/or play your heart out
- Similar to the Pavement Picassos, invite neighbors to tour the neighborhood (maintaining appropriate social distance) to enjoy the many musical sounds and talents of the people on their street

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Play the Telephone Game

Description: Remember this classic party game where people sit in a circle and send a message around to see how much gets lost in translation? Play it with friends or neighbors using an actual telephone! This is a fun activity for kids, but all ages can get a laugh from playing it!

How it works:

- Find a group of friends or neighbors willing to play (at least 5-8 people is ideal)
- Create your "important (yet totally made up) message" to get things started
- Call the first person on the list and send the message on down the line
- Once the message reaches the last household, have that person call you to relay the message they have and see if it matches what you originally sent
- Keep playing mixing up the order and creating new messages to share

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You've Been Q'd

Description: Many neighborhoods "Boo" each other at Halloween by leaving anonymous gifts at each others' front doors. Change the tradition to You've Been Q'd (short for Quarantined) and leave a fun quarantine survival kit for a neighbor to find.

How it works:

- Gather or purchase a mixture of items that will help others during this time yet also bring a smile to their faces (examples listed below)
 - Hand soap or sanitizer
 - Roll of toilet paper
 - Canned goods
 - Crossword puzzle or jigsaw puzzle
 - Coloring book
 - Snacks and treats
 - A thoughtful letter
- Place the chosen items in a bag or bucket
- Provide some sanitizing wipes so your neighbor can clean everything off before bringing items into their home
- Ring the doorbell and run :)

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Front Porch Free Library

Description: Clean off your bookshelves and upcycle your favorite reads by sharing them with neighbors. Try to include books for a variety of tastes and age levels.

How it works:

- Gather books from around your home that you have read and are prepared to give away to others
- Have kids and other family members do the same
- Send an email or share a post with neighbors letting them know about your little library
- Set the books outside your home (but under cover if possible)
- Invite neighbors to stop by at their leisure to browse titles, take a book, or even make a swap
- Leave sanitizing wipes near the books for guests to clean items before taking or leaving books

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Pet Parade

Description: Dress up your dogs, cats, stuffed animals, etc. and show them off to neighbors!

How it works:

- If you have a dog or other household pet, dress them up using items from around the house (tie a ribbon or bandana around their neck, cut an old t-shirt to fit them, put hair accessories in their fur, etc.)
- Set a parade date and a few hour timeframe with neighbors
- Encourage those who have pets to walk at some point during the suggested timeframe
- Encourage others to sit on their porch or peek out their windows to view the parade
- Keeping your distance from each other, march down the street and show off your favorite four-legged friends

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I Wanna Rock!

Description: Find rocks outside and decorate them with hopeful and happy pictures and messages to share with others

How it works:

- This is fun for the whole family
- Gather rocks and materials (paint, markers, stickers, etc.)
- Decorate rocks with images and uplifting messages
- Set rocks around the neighborhood for neighbors to see while out on walks, or place near their doors to find any time they step outside

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Light the Night

Description: Grab some sparklers, light some candles, or create your own luminaries and shine some light for all to see.

How it works:

- Pick an evening (or maybe a few evenings) and share the dates and time with neighbors
- Encourage neighbors to create their own source of light to share at the event
- Join those around you and light the night together on a beautiful spring evening

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Shut the Front Door

Description: Decorate your front door and encourage neighbors to do the same to boost "curb appeal" around the neighborhood.

How it works:

- Get the family together and find fun materials to give your front door a temporary face-lift
- Send the word out to neighbors inviting them to do the same
- See who can be most creative in their front door designs
- Tour the neighborhood maintaining appropriate social distance to see everyone's new façade

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This Really Blows

Description: Get out your frustrations and spread joy by blowing bubbles together in the neighborhood.

How it works:

- Set a designated 10-minute window each day
- Head outside armed with bubbles and wands and blow as many bubbles as you can along with neighbors, each of you in your own front yard
- This is a quick and easy break from work and/or online learning that will re-energize everyone and will bring a smile to the faces of many

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Sunset Cinema

Description: Grab your favorite movie and find a warm night to head outside for an outdoor movie movement.

How it works:

- Pick a warm evening
- With the use of the side of your home, your garage door, or an actual screen, project your favorite (G or PG) movie
- Invite your neighbors to sit on their own lawns to watch along side while maintaining appropriate social distance
- Don't forget to microwave some popcorn 😊

Please be considerate about the noise level.

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“Beat” the Boredom

Description: Grab your drum, pan, or bucket and head out to your yard for a neighborhood drum circle.

How it works:

- Pick a day and time with your neighbors
- Grab a hand drum, a pot, or a bucket and head out to the safety of your own front porch or yard
- While maintaining safe distancing, take turns creating rhythms to drum along with
- Feel more comfortable following along to a leader? Turn to Jana Marie Foundation’s Facebook page (www.facebook.com/janamariefoundation) and watch the mindful drumming sessions with Matt Price for some inspiration

As many people are working from home, please be considerate about the noise level.

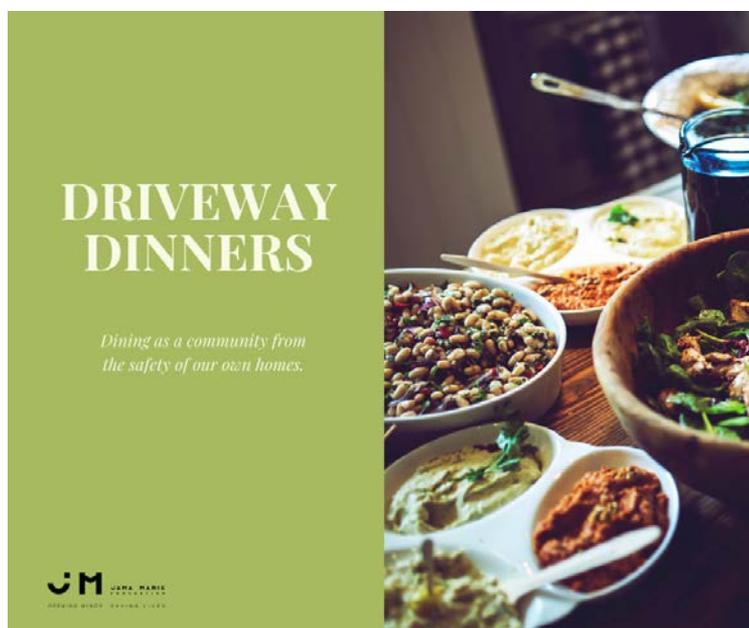
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Images

*For downloadable versions, please visit our website:
<https://janamariefoundation.org/creative-corner/>*

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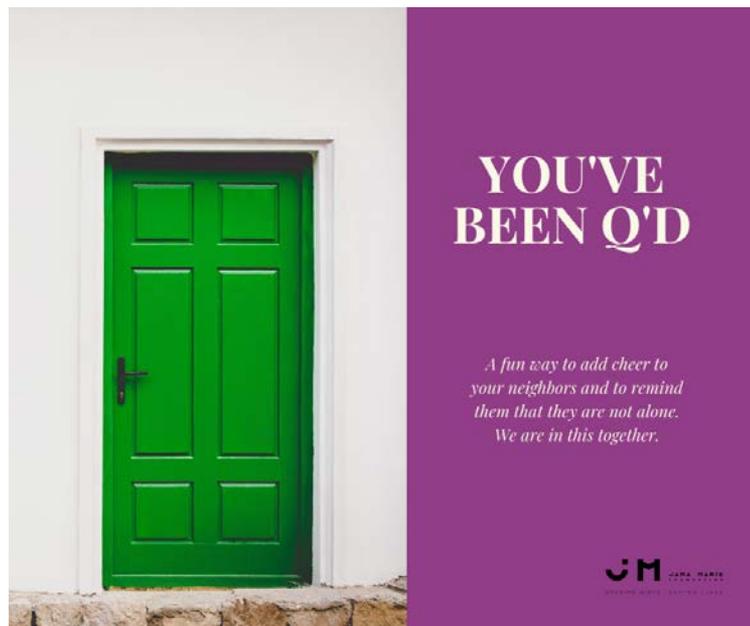
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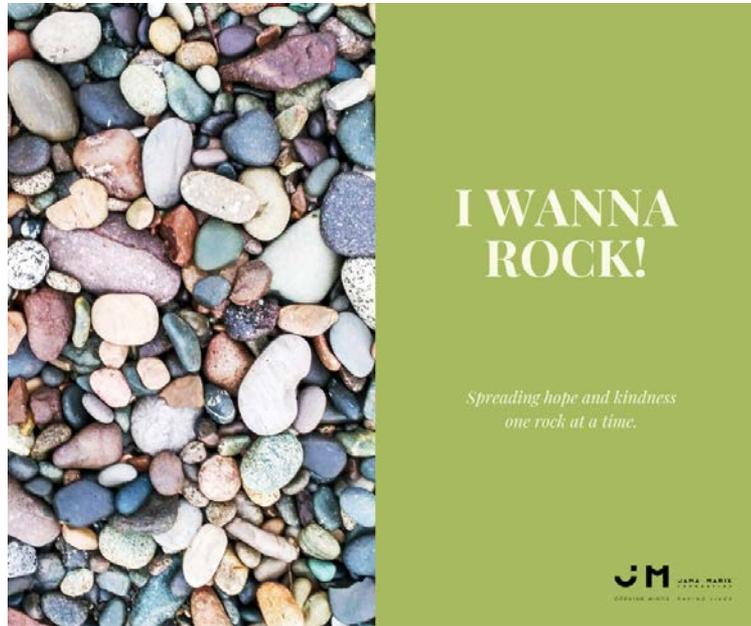
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THIS BLOWS!

Bubbles instantly add joy and cheer. Let's acknowledge this bliss and come together for wellness bubble breaks!



SUNSET CINEMA

Creating memories through outdoor movies.



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About Jana Marie Foundation

Jana Marie Foundation harnesses the power of creative expression and dialogue to spark conversations, build connections, and promote mental well-being among young people and their communities.

The 501c3 nonprofit envisions communities working together to knock down walls and transform emotional distress into hope and resiliency.

To learn more or to support Jana Marie Foundation, please visit www.janamariefoundation.org/support.

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