



# Top Ten Ways To Grow Closer During Coronavirus

For Anyone Spending More Time with  
Partners, Roommates & Family



## Practice Compassion

Watch someone else's favorite show, bake their favorite meal or play their favorite game. Partners could place frustrations on a list which is addressed at the end of each week, or create two "one free pass per day" cards. Invite children to write letters, draw pictures or help decide which local businesses (like their favorite ice cream shop) to support to during this time.



## Find ways to Break Routine

Look for opportunities to do things that you did not do before, or create a quarantine bucket list. Plan weekly themed dinners and dress the part, or establish nightly reconciliation walks. Watch baby animals via the San Diego Zoo's livestream, enjoy a picnic in your own backyard, cook festive spring dishes, camp indoors, chalk your driveway with positive messages or create a mini golf course at home.



## Exercise Together

From family-friendly Disney inspired workouts, to virtual group classes and equipment-free workout apps, there is an abundance of online wellness resources available. Consider playing music and dancing together, or simply add physical activity to things you already do as a household, like body weight exercises while watching a favorite show.



## Share Good News

Mr. Rogers said his mother often reminded him, "Look for the helpers." One of the easiest ways to make sharing good parts of your day routine is to get in the habit of going over one daily high, low and funny moment with each other. Whether at dinner or sometime before bed, sharing daily highs, lows and hahas helps build empathy, understanding and emotional connection.



## Do Favors & Pay Compliments

Do something thoughtful that makes your partner's, roommate's or family's life easier. Check something off of their to-do list, do the dishes, feed the family pet, or even just watch their favorite show. Jot down any acts of kindness you notice between your kids, and read them every night at dinner. Or, simply say something nice in-person or by handwriting notes to bring more positivity into any household and spark meaningful communication.



## Get Outside Together

Safely enjoying some sunshine and green space with others can help you feel more in touch with them. Plus, it can boost mood.

Going for a walk is also a wonderful opportunity to share positive and honest COVID-19 updates with children or simply ask your loved ones about their daydreams & visions for their futures.



## Work on A Fight You Keep Having

Openly communicating and setting healthy boundaries can help keep a household running smoothly. If one contentious topic keeps coming up again and again, setting aside time to talk (or creating a roommate agreement) can help extinguish the argument. It can be helpful to set guidelines for the conversation so you know how to proceed if things escalate unproductively.



## Learn Something New Together

Trying a new activity together can help build connection and make you feel like a team. Try a new workout, take on a new project, cook a new recipe, read a new book together, enroll in an online class or even declutter as a team. Or, consider jointly taking a personality test, like the Enneagram Assessment or Love Languages Quiz.



## Take Turns Making Playlists

If before COVID-19 you listened to music as you got ready for work or during your daily commute, add music back into your daily routine by taking turns creating playlists for each other which can foster connection and drastically boost mood. Families with children might consider creating a nightly playlist as a family in which each member of the household gets to contribute their favorite song.



## Do Fun Things Without Them

You do not have to be together all the time to be close. Designate specific times of the day or the week for members of your home to focus on their own activities. Or, find creative ways to signal to each other that you need some alone time, like designating recognizable articles of clothing to serve as coronavirus invisibility cloaks. Wear that item to signal to everyone else to refrain from starting conversations while you invest in your own self-care, hobbies and passions under the same shared roof.



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