



# 14 DAYS OF #JustCheckingIn

Check in on your friends and family to let them know you are thinking of them during these uncertain times.

1 Order a healthy meal delivery for a friend

2 Create a photo montage and share with a friend

3 Have a heart-to-heart talk with your family members

4 Tell your friends and family they are important to you

5 Send a virtual hug over chat

6 Send an encouraging video

7 Send a check-in email to a friend

8 Have a (siu dai) kopi session over video chat

9 Challenge friends to charades over video call

10 Arrange an online workout session with a friend

11 Get in touch virtually with your friends

12 Send flowers to loved ones

13 Recommend comedies to your friends

14 Share your favourite playlist with a friend

