

CONNECTION NUDGES

**1. EXPLORE YOUR
NEIGHBOURHOOD**



**2. SEEK OUT LOCAL
COMMUNITY ACTIVITIES –
MAYBE FIND A LITTER
PICKING GROUP?**



**3. CHECK OUT
COMMUNITY
NOTICEBOARDS
FOR ACTIVITIES**



**4. INVITE A NEIGHBOUR
AROUND FOR A CUPPA**

**5. REACH OUT TO
A FRIEND FOR A
CHAT OR SEND A
TEXT OR
VOICENOTE**



**6. CHECK IN ON YOUR
FRIENDS AND FAMILY**



**7. SHARE YOUR FAVOURITE
MUSIC WITH SOMEONE
YOU CARE ABOUT**

**8. LOOK OUT FOR
THE GREAT GET
TOGETHER
EVENTS IN YOUR
NEIGHBOURHOOD**



**9. CHECK OUT LOCAL
VOLUNTEERING
OPPORTUNITIES**

**10. ENJOY THE
LITTLE THINGS**



**11. SMILE AS
YOU WALK BY
SOMEONE IN
THE STREET**



**12. CONNECT WITH
NATURE**