

# Learning Activity

## Module 3: Communication

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There are lots of ways to stay connected with those around us, both in-person and virtually. For example, taking a walk with friends or family (or calling a friend while you go for a walk), cooking and baking with others, or even a dance workout over Zoom.

This week, think about your favourite ways to stay connected with the people who are important to you. There are endless ways to keep connected! If you have any suggestions, feel free to share in the Portal Discussions.

