**Connect**

Social interaction is a scary term.

But I’ve found this enforced ‘isolation’ has made me think about how I connect with people.

I love interactions.

I love handshakes, I love meeting people, talking with them, listening to them.

I love seeing smiles.

I love the warmth of a good interaction.

How do I do those things from my front room?

Yes, I’ve used Zoom and Skype. Yes, I’ve picked up the phone.

But I’ve also picked up a pen (as a reminder to some, a pen is the thing we used to capture words before our thumbs were over worked on our mobiles, or our fingers on our touch screens). I’ve used the pen to write letters and cards. I’ve signed up to ‘Postcrossing’ to encourage my kids to write postcards. In the Warren household we have gone old school.

Who would have thought I’d take such satisfaction from ink on paper.

We’ve also taken more time to connect with each other. “Daddy, how was your day in the front room?” “Yeah great, thanks. How was your school day sat at the dining table?”

My challenge to you is ‘Connect Four’. Today, by any (safe) means you can, connect with four people you haven’t connected with in a while.

I also dare you to pick up a pen and write. You’ll be pleasantly surprised.