**Sharing Best Practice – A Forum**

**Forum Five: Keeping whole and holy**

Within this Zoom session we discussed the importance of entertainment during lockdown, and shared news of how we are each keeping ourselves and others entertained during lockdown.

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* We discussed the importance of intentional play, activity in garden or walking and the need to maintain body care and mental awareness
* Keeping connection with colleagues is important, especially when supernumerary and feeling out of the loop
* Yielding to own creative side e.g. creating music. Some reported singing and dance classes continuing online – and book reading. It is also a good time to maybe learn or brush up on a language. Duolingo has proved a useful app to download which is warmly recommended.
* For some it has been a real opportunity to get to know the neighbours
* Sharing quizzes (Try using these two free apps Kahoot! or Psych! which work through normal zoom technology once downloaded). Where there are technical issues some have distributed printed copies.
* It may be significant to mark endings/beginnings under lockdown.
* Worries were expressed about coming out of lockdown – and how for some this is not going to be a joyous process. Maybe this could be a subject for a later zoom best practice.
* Praise was given to the Methodist Prayer Handbook.