**Communication**

With social isolation as the new norm, it is more important than ever to think about how we can communicate and make social connections part of our day. Look at this painting by Emilie Meyer and notice the expressions on the individuals’ faces. What do you think is written in the letter? How would you describe their reactions to its content? Share this image with a friend or family member and talk about the painting together. Facetime or over the phone work for this too. For more information about this artwork click [here](#).

**Activity:** Card making

**Materials:**
- 8 x 10 piece of paper, heavy card stock is ideal, but any paper will do
- Pencil, markers, pen, stamps, paint or extra paper (magazines or newspaper is fine too)
- If using paper, glue sticks and scissors

**Directions:**
- Fold paper in half
- Use pen, paint, stamps or markers to draw something on the front.
  - Flowers are a wonderful inspiration. No two flowers are alike, there is no wrong way to make one! Other inspiration might come from the seasons or from patterns, such as polka dots.
- If you want to create a collage use the extra paper and glue sticks to design an image on the front of the card. You can use scissors or rip, fold, or crumble the paper
- On the inside write a message to a family or friend and put in the mail

**Tips:**
- Have fun and try not to overthink it. Don’t be afraid to color outside the lines!
- Experiment with the materials.
- Start an art making challenge with a friend by sending them a card and asking them to make you one in return.