

## Phone a Family Member or Friend

### Guidance

Making a telephone call can be an easy way to stay connected when you are unable to visit your friends or family. We have included some simple instructions for this task which you may find useful if children are completing the activity independently (it's also a good chance to introduce or recap instruction texts!)

### You will need:

- Telephone
- Telephone Number

### Instructions

1. Decide who you are going to call. You may need to ask an adult to help you find the correct telephone number.
2. Dial the number (or get an adult to help you).
3. If the person you are calling answers the phone, you can begin your conversation. You could tell them who you are with, what you have been doing or how you have been feeling.
4. If the person you are calling does not answer the phone, you can leave a message for them or simply hang up.
5. When you have finished your conversation, end the call or hand the phone to an adult.

### Top Tips

- You could make a list of what to talk about before making your phone call so that you don't miss anything out!
- Remember to check with an adult before making any phone calls.
- If you have a smart phone, you could video call your family member or friend so you can see them as well as talk to them!



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