— 1 —

INTRODUCE YOURSELF TO YOUR NEIGHBOUR:

"Hi I'm ____, I live in the unit down the corridor"

— 2 —

SAY TO YOUR NEIGHBOUR

"I want to be a good neighbour and find out what you need, can I ask you some questions about how covid-19 has been for you?"

(A) What's your favourite colour and what do you like to eat?

(B) How have you been?

(C) How are you feeling?

(D) What do you miss?

(E) Do you feel anxious or lonely?

— 3 —

FINISH WITH:

What would be something we could do together as neighbours that would make you happy?

Sometimes people may not be prepared with a response. Present some offers like "I make really good kueh, I could bring you some?" or "Would you like to jog around the neighbourhood together?"

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BRAVE HEART SINGAPORE

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