

Week 8 - Digital – A Day in The Life Of...

We have loved sharing lots of new ways to communicate with other people during lockdown. This has included learning how to use new technology (like Zoom) but also using things like social media to help keep in touch with friends and family in different ways. We have also used social media to help us keep up to date with things that have been going on in the world, as well as helping to show other people what we have been up to whilst we have been apart.

So today we would like you to try and demonstrate to us 'A Day in the Life Of...' YOU! Perhaps you would like to do this on social media using a 'stories' feature and different filters, or maybe you would like to just put together a selection of images showing what you have been up to in lockdown.

Take a look at some of our examples for inspiration! (Healthy breakfast, home workouts, Zoom calls with family, and little treats!)



We will have some prizes for the most creative pictures or overall stories.

Don't forget to share your work with us by emailing it to beth@pieuk.org or posting examples of your work on social media and tagging us @pieuksocial.