



# nAMI Walks

## YOUR WAY

## Fun Day Sunday



### Game Night Fun

As the weather turns cooler and we start moving back indoors, we might be looking for some fun, innovative ways to come together with family and friends. How about a little Game Night fun? There are a lot of games that with a little creativity can work through online conferencing platforms like Zoom. Here are some ideas to get you started:

- **Pictionary** - If everyone has this game in their closet, great! [Or utilize this random word generator](#) and use the whiteboard feature on Zoom or a program like Google Jamboard.
- **Bingo** - Create your own cards and designate a caller or use an online site like [My Free Bingo Cards](#).
- **Scattergories** - If everyone has a copy of this board game, great! But if not, here's an [online version you can try](#).
- **Trivia Games** - Try a [trivia question generator](#) and set up a point system!
- **Charades** - Especially easy with an online word generator and a webcam!
- **Craigslist Price is Right** - This takes a little work ahead of time. Scour Craigslist for obscure items and then get friends to try to guess the price. The closest to the correct price without going over wins the round!

There are also some app options like Psych or party packs like Jackbox Games that you can also check out. Happy game time!

### NAMI Vermont Minute:

Finding ways to stay connected during this time of physical distancing is especially important in helping us maintain our mental health. NAMI Vermont offers a weekly check-in open forum on Mondays at 1 pm as an opportunity for you to connect with other people, chat about your days, check in with how you are feeling, and enjoy some good conversation. For more information, visit [NAMI Vermont's Online Calendar](#) or email [info@namivt.org](mailto:info@namivt.org).