

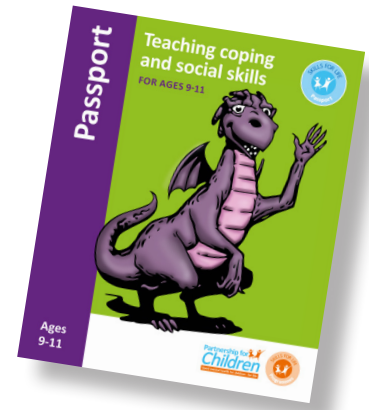
Children's Mental Health Week 2023

Making Connections

Ages 7-11

This activity was inspired by our [Passport](#) programme.

Using the activity sheet below or a sheet of paper:



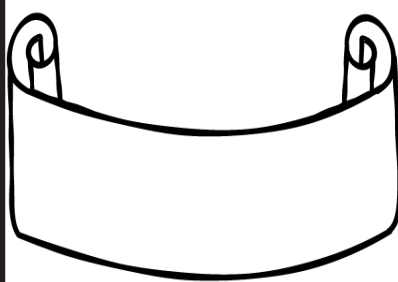
- Tell the children that today we are going to think about how to make new connections with people at home and at school because connections are important.
- Tell the children about someone you are connected with. Tell them why you connected with this person and what you have in common.
- Ask the children to list things that describe them. Write their answers on the board or a large sheet of paper. If the children do not have any ideas, you can suggest one or two of these examples:
 - Our physical features
 - Our personalities
 - The things we like
 - Our hobbies and activities
 - Our family members
 - The communities we live in
 - Our friends
 - Our school
 - The place where we were born
- Give each child the Activity sheet and ask them to fill it in.
- Ask the children to move around the classroom and share what they have written and try to find others who have written the same things.
- Ask children to share some of the things they had in common with others - explain that looking for similarities can help them to form connections, and sometimes the differences between us and others can help us to form connections.

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Fill in the information about yourself below.

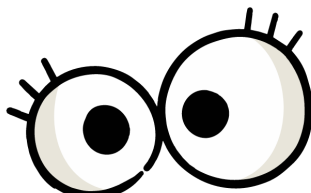
Name






Hair colour



Eye colour




People I live with





Where I live



I like



I am good at



My friends

