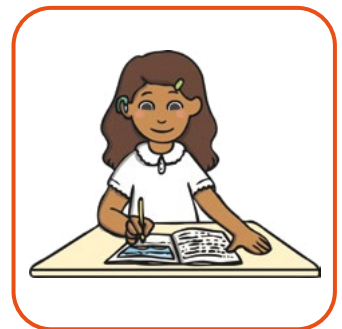


# Stay Connected for Positive Mental Health

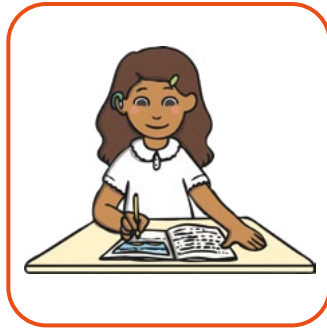


Hi! I'm Milo! Thank you for joining me to learn about positive mental health. Making connections with those around us can really help our minds to stay healthy. One way we can do this is to speak to the people we feel close to. I love to chat to my friends and family.

Look at these pictures. Tick the ones where people are making a connection.



## How do you enjoy making connections?

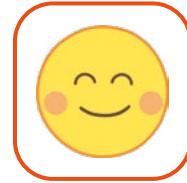


I feel really good whenever I write to my grandparents, get a message from a friend, chat to my family or play games.

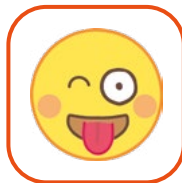
## How do you feel when you make connections with those around you?



calm



happy



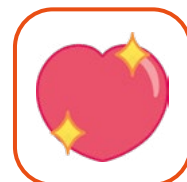
excited



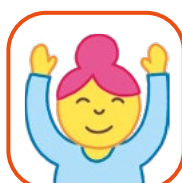
relaxed



content



special



included



understood



Write about one way in which you enjoy connecting with friends and family. Describe how it makes you feel.



I also enjoy feeling connected with nature. I like to go for walks and to listen to the birds singing in the trees. I feel calm when I am outside and I can concentrate better afterwards.

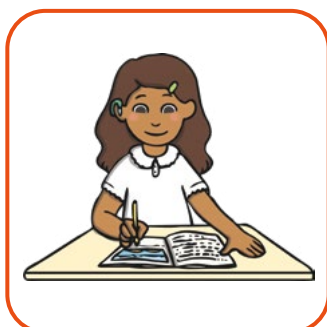


Tick the pictures below that show how you enjoy feeling connected with nature. Write a sentence to explain how it makes you feel.



Making connections helps people to feel good. Let's keep our connections strong with those around us and look for chances to make new ones.

Look at these pictures and choose the methods that you will use today to make connections with people around you. Can you write some sentences to explain what you will do?



**Goodbye for now!**  
Stay happy and healthy,  
have fun and remember to  
stay connected!

