

Stay Connected for Positive Mental Health

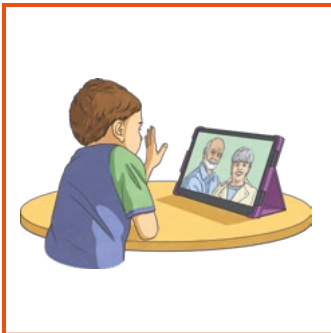


Look at these pictures. Write a sentence to explain what kind of connection is shown in each picture.





Choose one of the pictures below and explain how this helps you to make connections with people you care about.



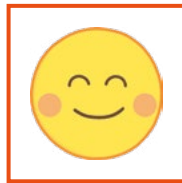


I feel really good whenever I write to my grandparents, get a message from my friend, chat to my friends and family or play games. It makes me happy to know that others are thinking of me and want to share how they're feeling with me. If I'm feeling at all upset or worried, I can talk it through with them and I can find out how they are feeling too.

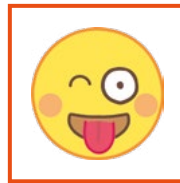
How do you feel when you make connections with those around you? Tick any emotion you feel and explain a little more by writing sentences in the large box underneath.



calm



happy



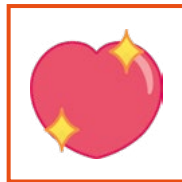
excited



relaxed



content



special



included



understood



I also enjoy feeling connected with nature. I like to go for walks and listen to the birds singing in the trees. I feel calm when I am outside and I enjoy having time to think about what is on my mind. I often find I can concentrate better afterwards.

Write a sentence to show how these children are connecting with nature.





Look at these pictures and choose the methods that you will use today to make connections with people around you.

