



# LET'S CONNECT: THE CONNECTION WEB

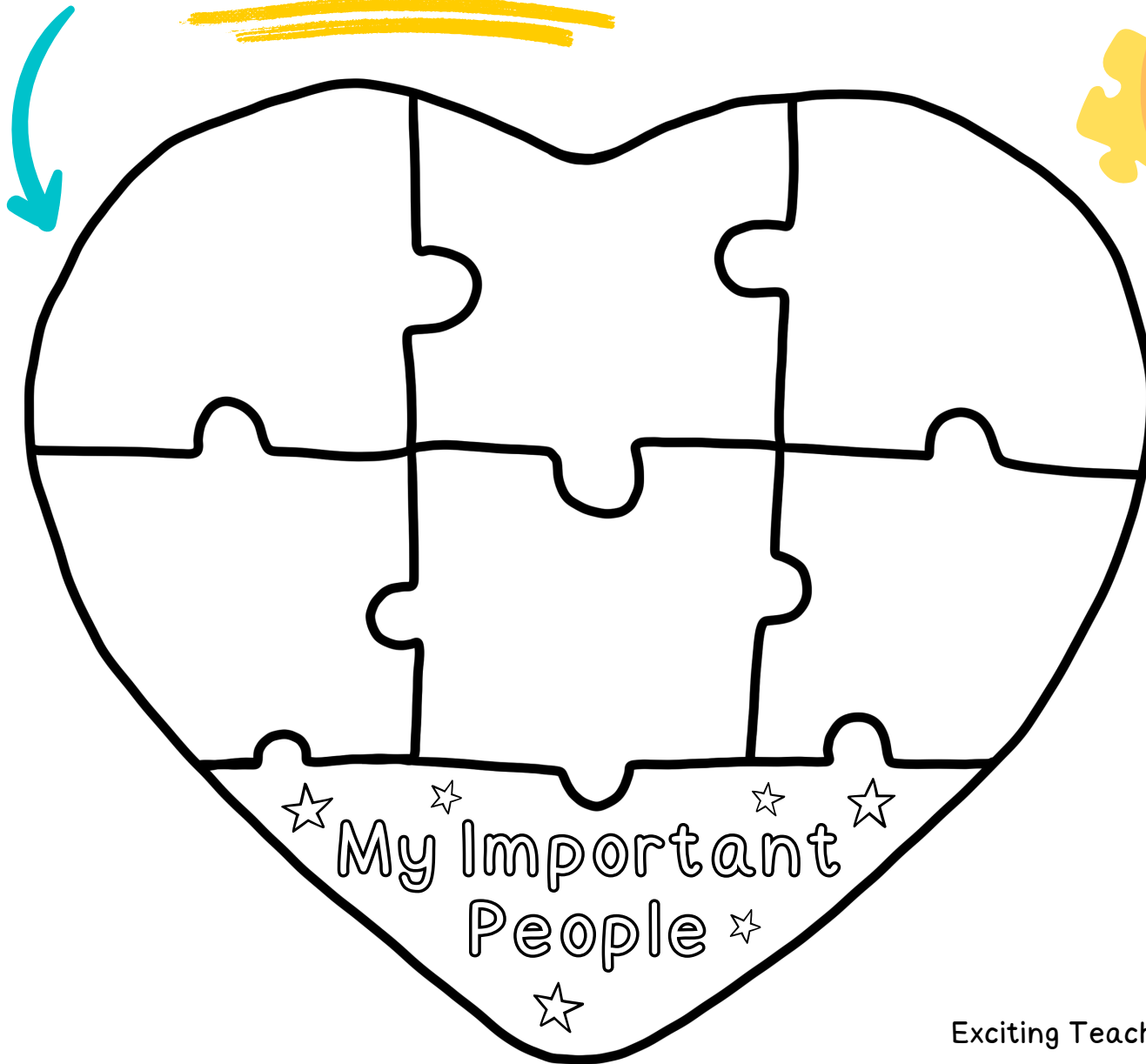
## You will need:

- Ball of String/Wool
- Lots of space to form a circle!

- Ask the children to stand in a circle.
- Choose a child to start and ask them to hold the ball of string. Ask them to share something that they enjoy doing. *For example: I enjoy horse-riding.*
- Ask the children to raise their hand, if they enjoy doing this too. Ask the child holding the string to pass the string to a child with their hand up but keeping hold of their piece.
- Keep doing this until every child is holding a piece of string and a large spider web is formed.
- Ask the children what they notice. Discuss how we are all connected by our interests.

CHILDREN'S  
MENTAL HEALTH  
WEEK  
RESOURCES

# LET'S CONNECT: MY IMPORTANT PEOPLE PUZZLE

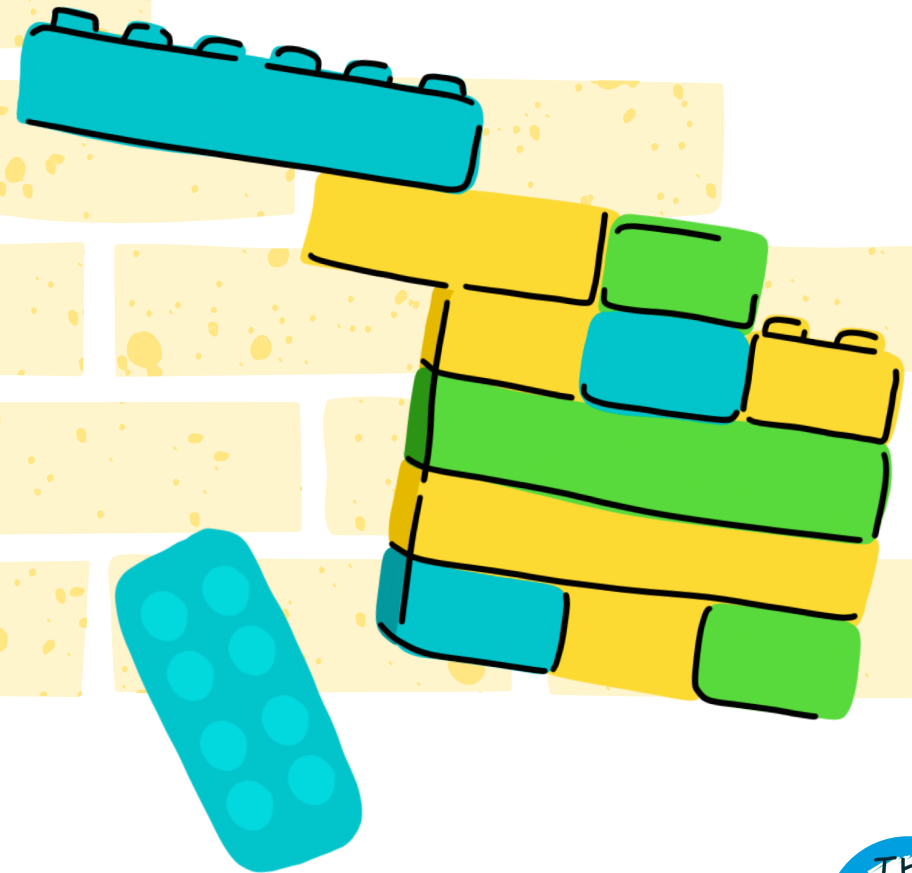


In each puzzle piece, write down the names or draw pictures of people who are important to you. Decorate and cut out the puzzle. Challenge yourself to connect the pieces back together. These people are all connected to you.

This challenge encourages the children to think about working together to connect and problem-solve.

# LET'S CONNECT: THE BRICK CHALLENGE

Give each child a brick, such as Lego or Multilink. Talk about what they could make with their individual blocks. The children should reach the conclusion that 1 brick is not useful and has limited possibilities. Encourage them to come up with a plan, *if they are unsure then suggest putting the blocks together to create something as a Team.*



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We know that if we  
work as a Team then  
our possibilities and  
connections with each  
other grow!

# LET'S CONNECT: FIND SOMEONE WHO...

Write a different name of  
someone in your class for each  
box.

What interesting facts will you  
find out about each other?

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has a brother.	has a pet.	has been on a plane.
has eaten broccoli.	likes sports.	has music lessons.
can speak another language.	has a birthday in February.	likes the beach.
enjoys spending time outside.	can ride a bike.	is the same age as me!

# LET'S CONNECT:

## HOW DO WE CONNECT?

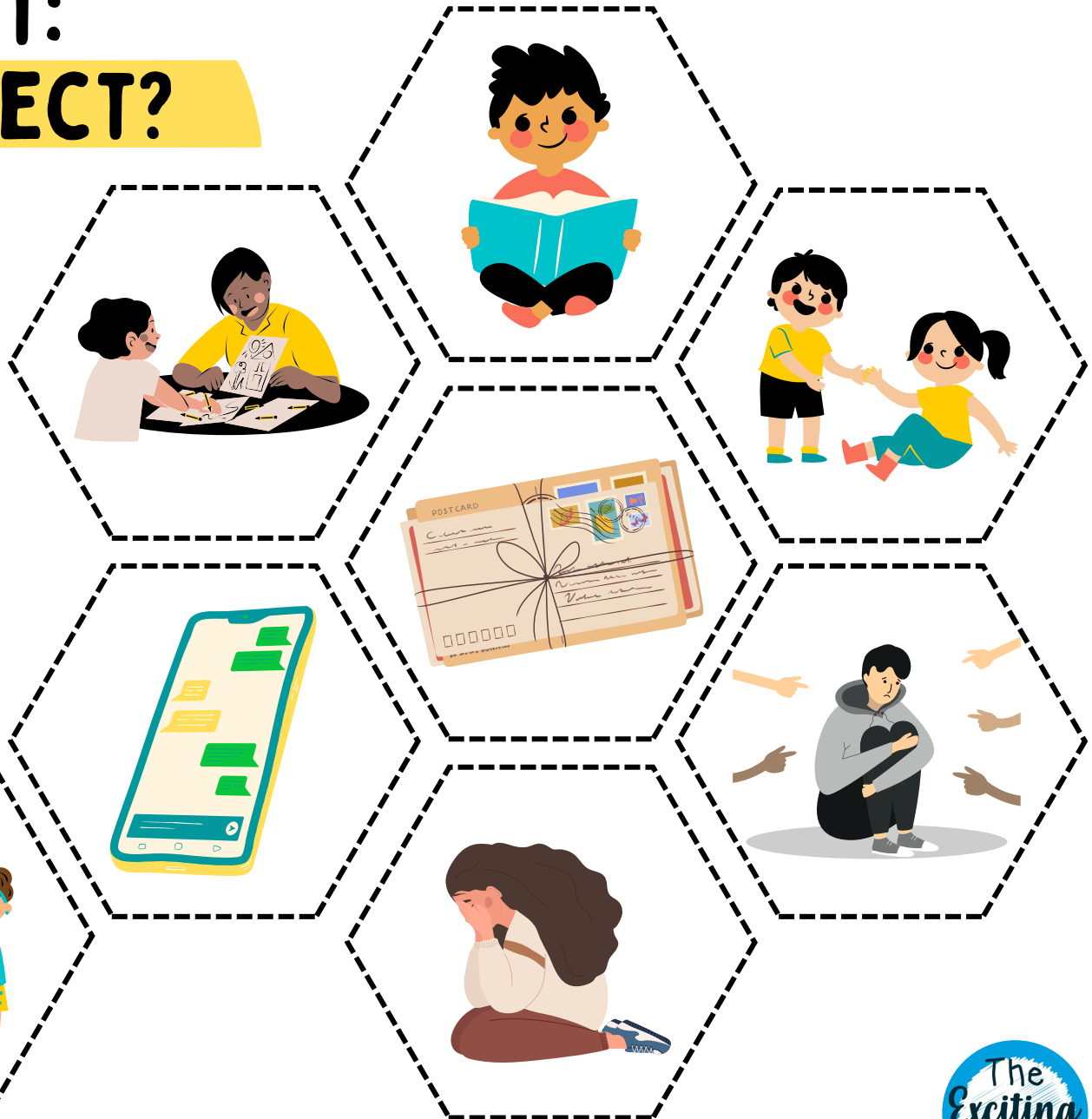
Start by cutting out the pictures. Sort the pictures into ways that we connect with other people and ways that we do not connect with others.



Ways I connect  
with other people:



Ways I do not connect  
with other people:



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# LET'S CONNECT: YOU CAN HELP ME BY...

Things that  
make me feel  
calm are...

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When I am having a bad day,  
you can help me by...

I like it when you...



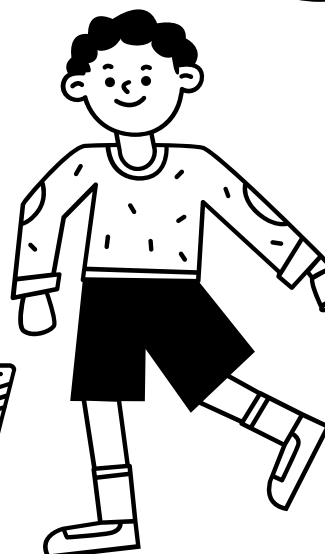
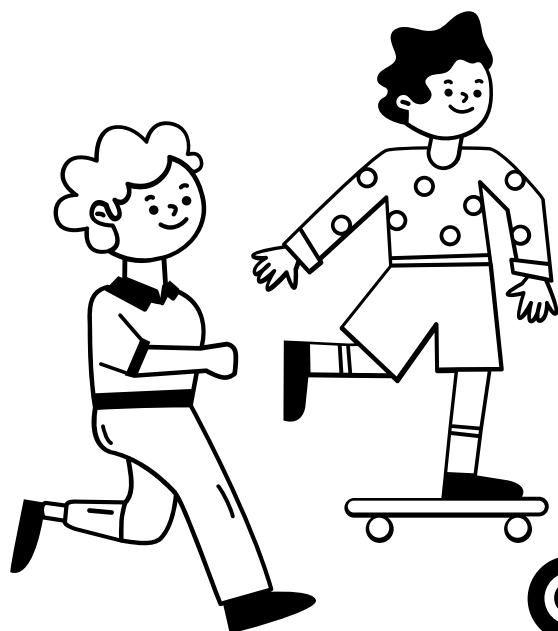
# LET'S CONNECT!



Can you challenge yourself to work on building 1 connection with someone new this week? For example, you could spend time with a different friend at playtime.



Making connections is about spending time with other people and forming friendships. These connections help us to keep our brains happy and positive whilst looking after our wellbeing.



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Can you write a poem about building connections? You may want to write about being kind, friendships and looking after our wellbeing.



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