

CHILDREN'S MENTAL HEALTH WEEK

LET'S CONNECT





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FEBRUARY 6TH – 12TH 2023

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Circles of Connections

Think about all the people in your life and how you are connected to them. Some might be family and friends who are very close to you. Some people in the next ring might be your teachers or lunchtime supervisors. In the outer ring you might put people who you only see occasionally but recognise by sight such as a shop assistant, the person delivering the post or a bus driver.

Draw yourself in the middle circle and then draw the other people in the circles radiating out from the middle depending on your relationship with them and how close or important they are to you.

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Inspirational People

Now look at your circles again and think about a person who inspires you. Write a paragraph to explain how they inspire you and what makes them special.

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Write a Letter or Card

You could design and make a card and send it to that special person and thank them for being there for you.

Alternatively look at the circles again and think if there is someone who you have not been in contact with for a while. Write a letter to them telling them your latest news or send them a card to say hello and that you are thinking of them.

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Random Act of Kindness

Look at your circle again and think of what the people closest to you do for you each day. Could you do a random act of kindness for them?

WHO IS IN YOUR CIRCLES OF CONNECTIONS?

