

Children's Mental Health Week 2023

Making Connections

Ages 10-12



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

Using the activity sheet below or a sheet of paper:

- Tell the students that connections with others are important as they can support us and help grow our resilience. Today, we are going to think about the people and relationships we have in our lives that support us in some way: people we trust, people we can rely on, friends, family, etc.
- Tell the students about someone you are connected to. Tell them why you connected with this person and what you have in common and how this person supports you.
- Ask the students to fill out the activity sheet by thinking about the people around them, who do they trust? Who loves them? Who do they admire for the way they do things? Who shows them how to do things on their own? Who do they turn to when they're upset, ill, in danger or need advice?
- Once the students have completed their activity sheet as far as possible, they should swap with a friend and discuss who else they could add.
- Ask students to share some of the people they are connected with and how they are connected.

Extension Activity

- Ask students to think about how they could form new connections with people and why they might want to do this in the future.

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Write or draw details of the people you are connected to - their names and how they are connected to you.

