

# Let's Connect

Worksheets for Children's Mental Health Week 2023

The most important things in  
life are the connections you  
make with others.

**Tom Ford**



Ink and Scribbles 2023

# Children's Mental Health Week 2023

The theme for Children's Mental Health Week 2023 is 'Let's Connect'. This theme prompts us to talk about how we connect with others and make meaningful connections.

We are social beings. We thrive and have greater wellbeing when we are part of a community and have close, trusting relationships with others.

Learning to build connections with others is a skill. It requires certain traits and emotional intelligence. Personal traits that support connections include respect, loyalty and compassion. In addition, connections are supported by mutual interests and sharing values. On top of these foundations of relationships, emotional intelligence also helps us build deep and meaningful connections as we are more likely to know when others need space to talk and show empathy.

Children often have 'hiccups' when it comes to building friendships. This is normal as they learn social skills, understand social etiquette and develop their values which may lead them to new friendships and away from old ones.

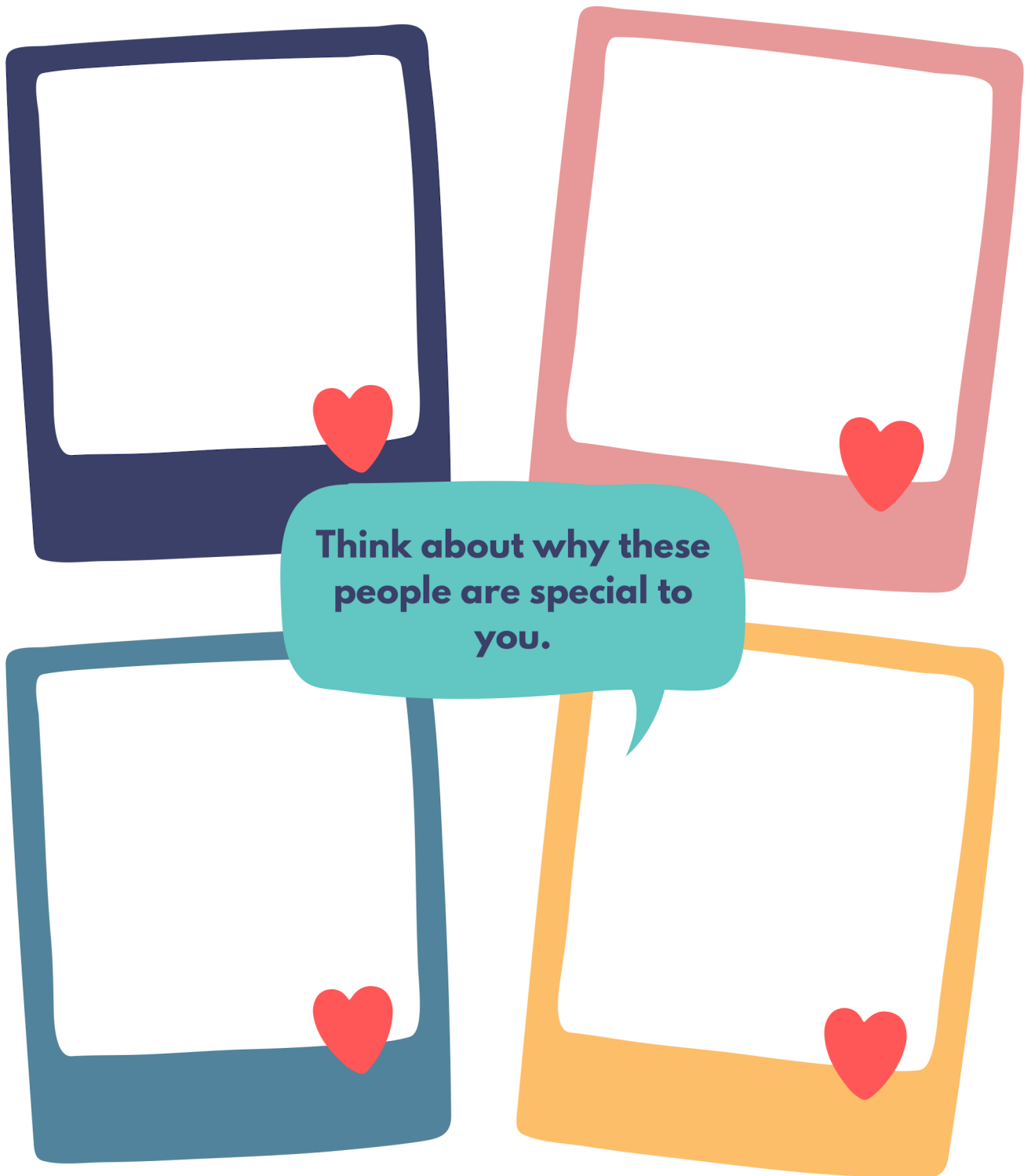
The worksheets in this pack will help you talk to children about the connections they have and explore how to build them. There are several sheets that cover a range of ages.

## **Some of the topics covered in these worksheets are:**

- Thinking about important people (4-7years)
- Thinking about groups and communities ( 4- 7 years, 8 + years and 12+ years)
- Connecting to myself (4 - 7 years, 8+ Years)
- Kindness (4 - 7 years)
- Conflict Resolution (8+ years)
- Social Values (12 + Years)

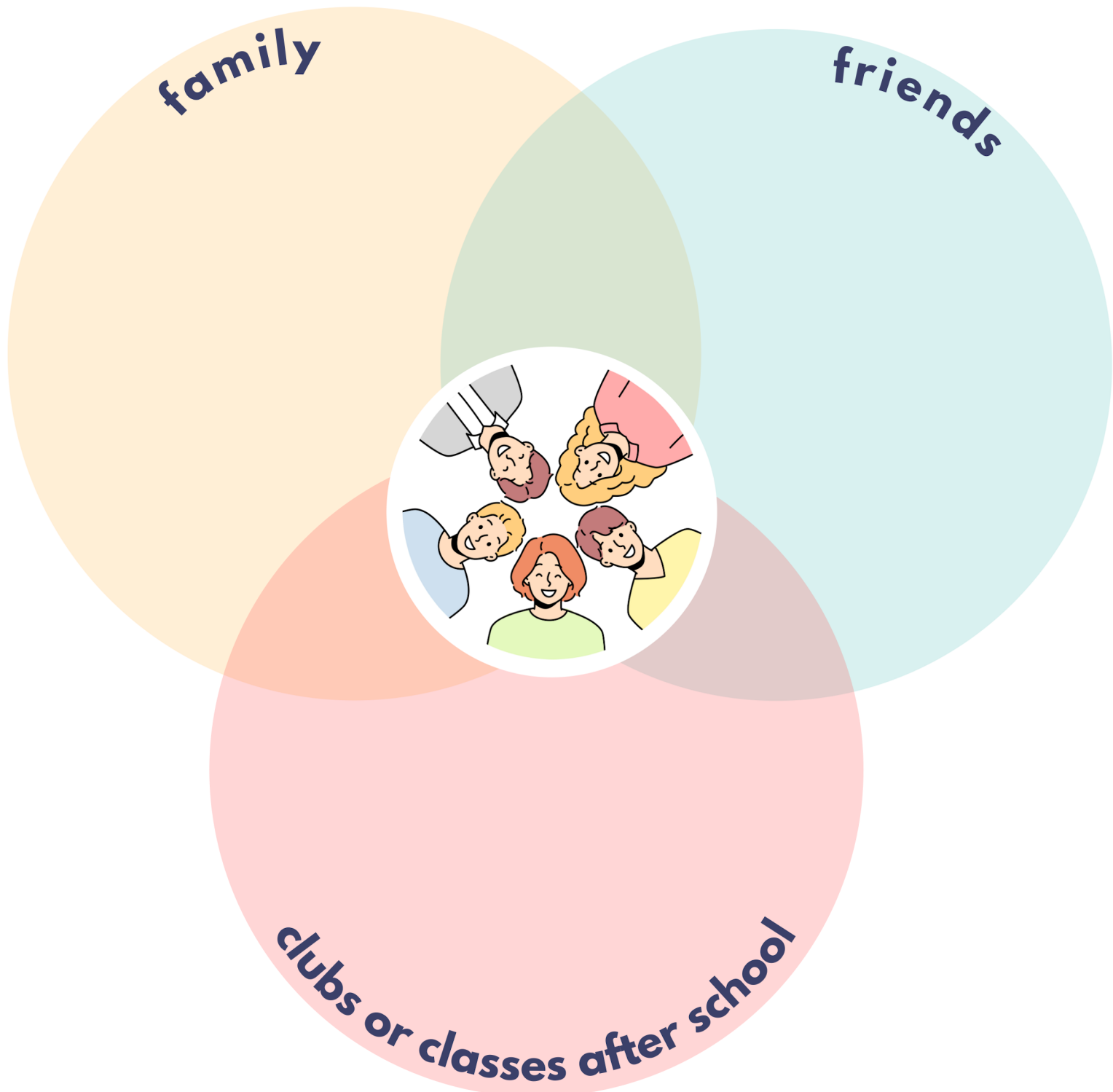
# Who is important to me?

Draw a picture of some of the important people in your life.



# What am I part of?

Think about the groups you are part of.  
Draw or write the names of the people in each of the groups  
you are part of.

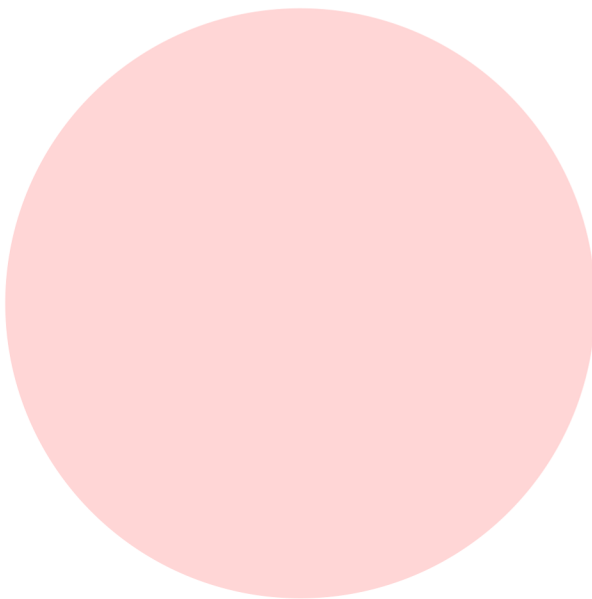
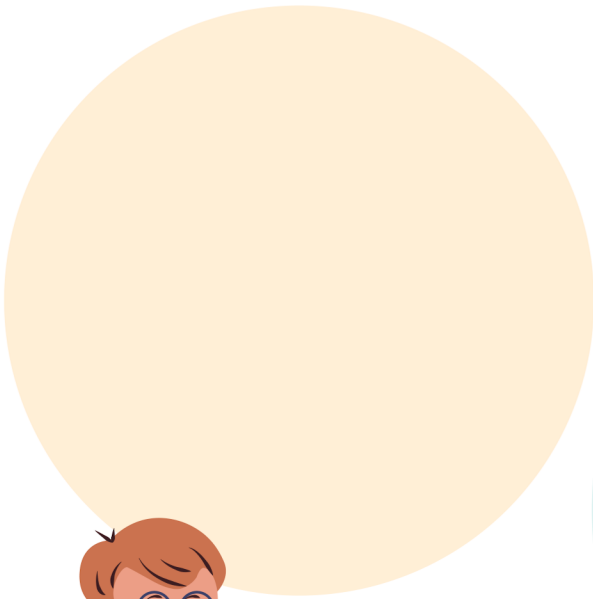




# Connecting to myself

It's important to feel connected to ourselves!  
This means enjoying the time we spend alone with our thoughts, like when  
playing on our own.

Which things do you enjoy doing by yourself?



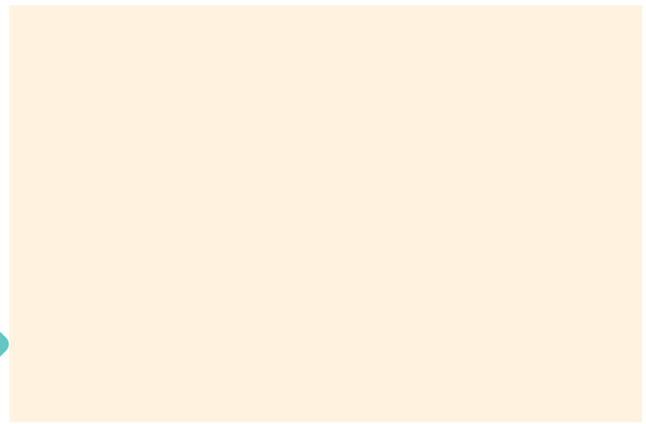
# Connecting with Kindness

Being kind and being treated with kindness feels great!  
There are different ways to be kind, for example through our actions or through things we say.

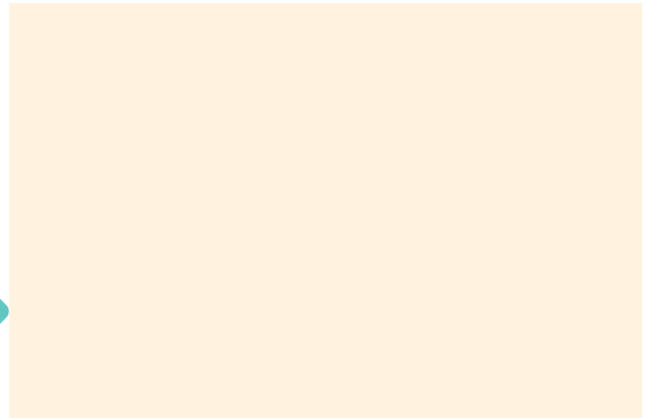
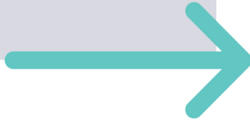
Read these examples below. How would you show kindness if you were faced with these situations? Write or draw what you would do in the yellow boxes.

Remember kindness can be shown in different ways.

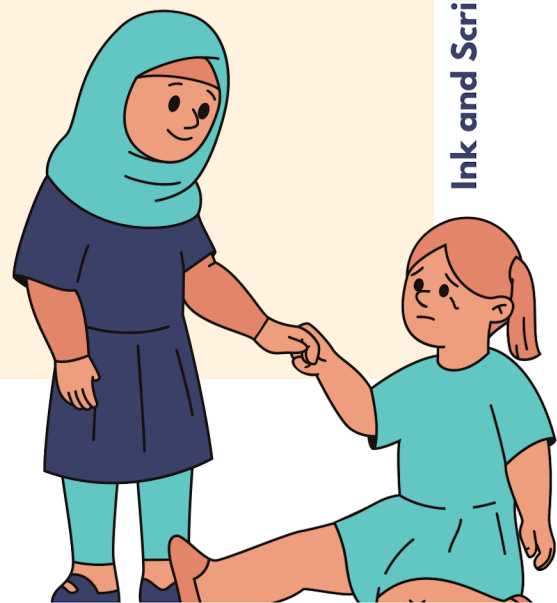
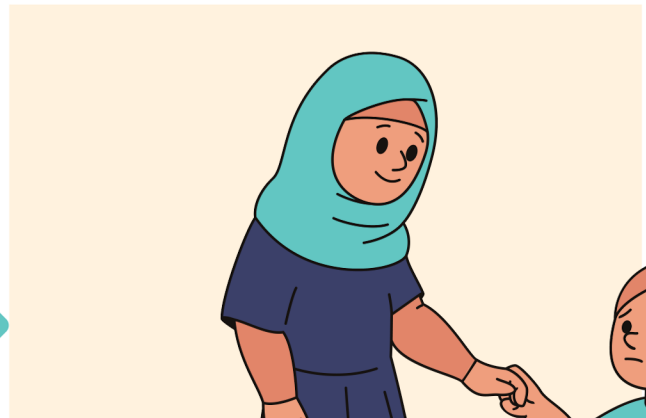
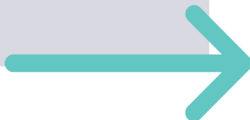
**Your friend is sat in the corner of the playground alone and looking upset.**



**Someone in your class is being teased by your best friend.**



**Your classmate is finding their work hard. You've already finished your work.**

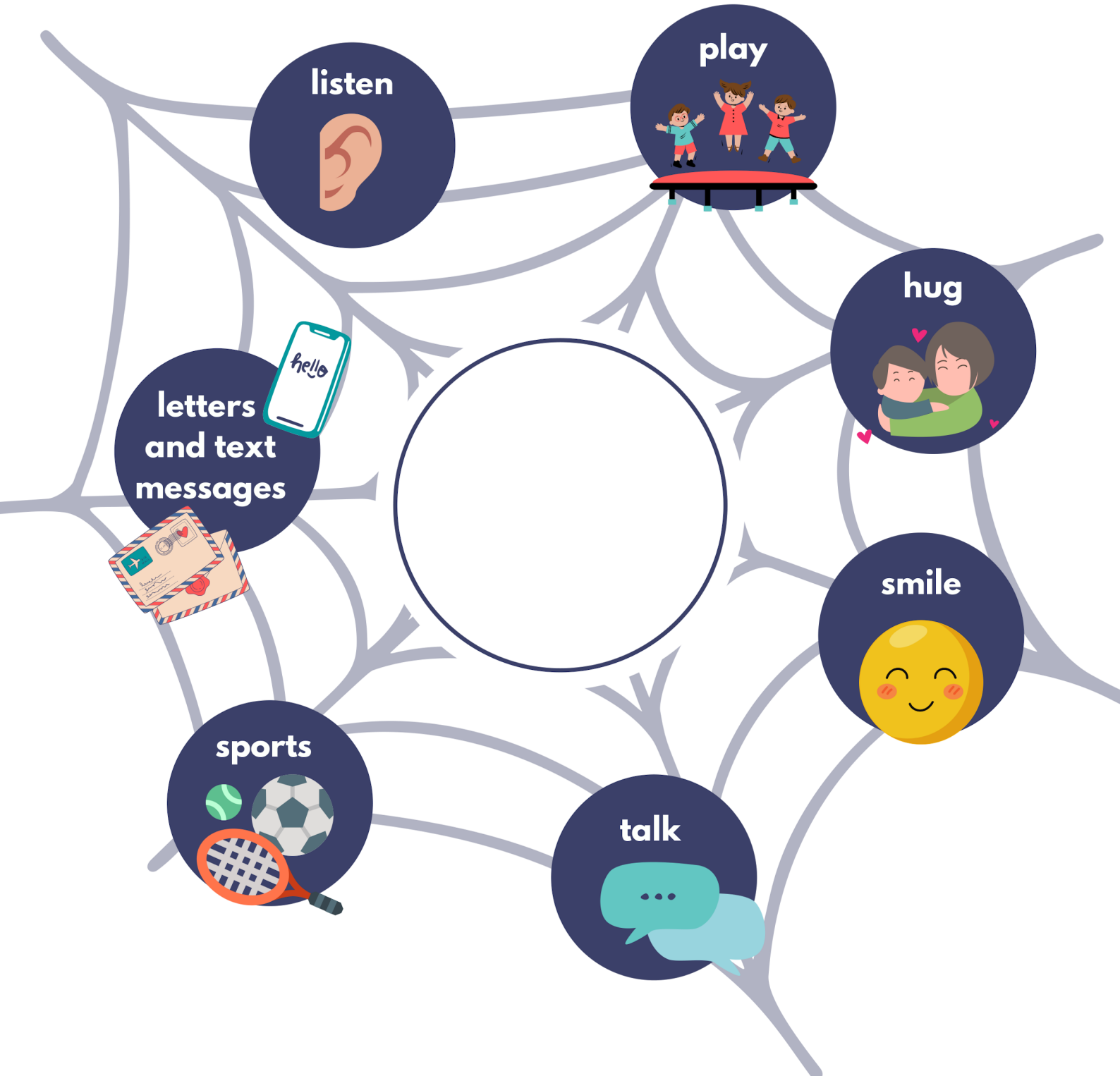


# Connection Web

Connecting with others is the most important way to boost happiness.

Here are some ways you can connect with others.

Can you think of another way? If you can, draw it in the middle of the connection web.



# Connecting to myself

We spend a lot of time in our own thoughts. It's important to feel connected to ourselves! This means enjoying the time we spend alone with our thoughts, like when relaxing on our own.

What things do you enjoy doing by yourself?

Five horizontal grey bars for writing answers.



# Solving a Friendship Problem

What happened?

Disagreements can happen in every relationship. Often because we see the same situation differently! What were each of you thinking?



How well would you say each of you responded?  
Colour the bar to show your thoughts.

	Not well	Well
ME	<input type="text"/>	
MY FRIEND	<input type="text"/>	

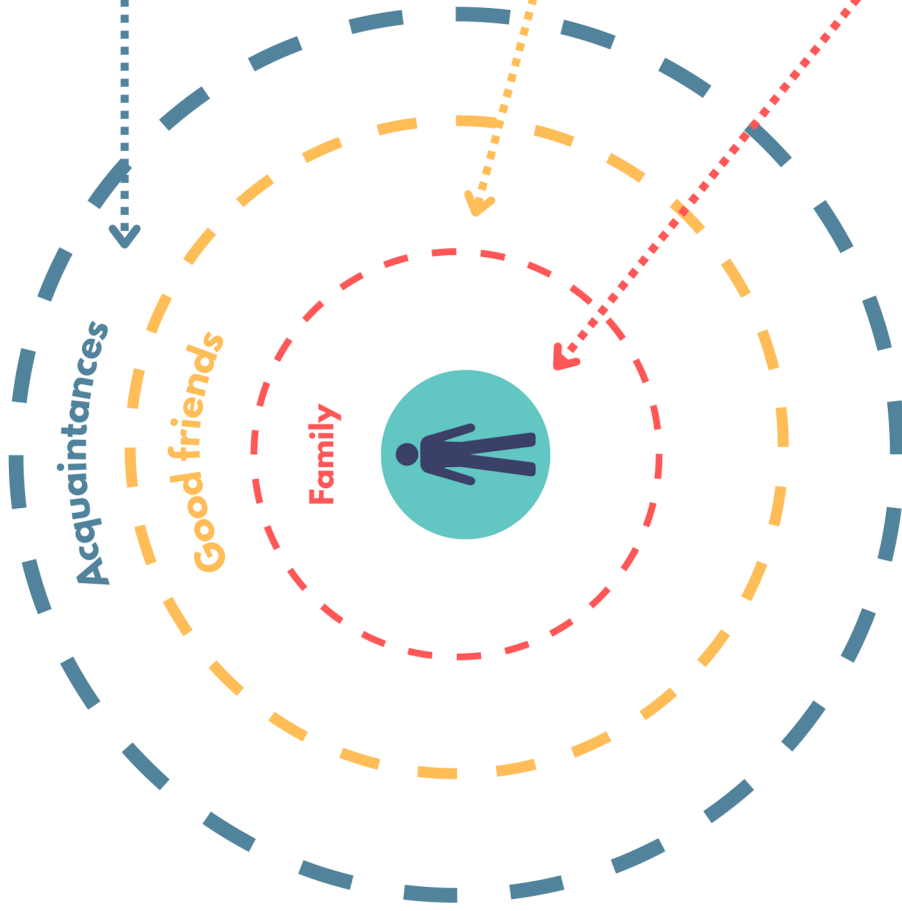
Which feelings do you think came up for each of you?

- anger    frustration    jealousy    disappointment    shame  
 tension    rejection    loneliness    embarrassment    disgust

How can you repair your friendship?

# My Relationship Circle

Who fits in to your relationship circles?  
Write down the names of people or groups in the  
colour coded boxes below.



Our wellbeing and happiness is impacted by our inner circles (red and yellow). The quality of these friendships and relationships is more important than the number of people in our circles!



# Social Values

Connections with others are easier to make when we know what our values are. We can have different interests and still have a strong connection with someone if we have similar values.

Which values are important to you in your relationships?  
Can you pick 5 things that are most important to you?



**loyalty**



**good listening**



**caring**



**fun company**



**trustworthy**



**interesting conversations**



**empathy**



**accepting (e.g. the opinions or appearance of others)**



**forgiveness**



**encouraging (e.g. interests and achievements of others)**



**honesty**



**reliability**



**inspiration**



**kindness**



**Which of these things do you do well already?**

**Choose 2 things you'd like to improve on.**

# My Social Map

Think about the different groups of people you are part of.  
Write down the groups you are connected to and create your own social map!

**personal**

**communities**



**organisations**

**global**