Connect

Remember, making positive connections with people is good for our wellbeing and self-esteem. Make sure you choose a good time to make connections at home and do ask parents/carers to help you make safe connections with friends and relatives. Here are some ideas to try!

Talking games/activities

- Choose a fun bag or box and fill it with different questions or talking topics. Take turns to take a dip in the bag! Can you carry on talking about a topic for a minute?
- Play 'Would you rather….'
- Interview someone about something they are interested in.

Play a game

Card games, board games, pictionary, charades

Write a letter/send a drawing in the post

Talk on the telephone or send an email