

Children's Mental Health Week

Let's Connect

Connecting with Kindness

We have connections with people including our family and friends. These connections can give us so much and help us to grow into respectful and kind adults. The connections we make can also have a positive effect on other people. One of the best ways to make connections and to keep them healthy and strong is to show yourself and others **kindness**. Who can you show kindness to?



New Connections

We have connections with our family or the people who care for us. However, every day we have the opportunity to make **new** connections. We will meet new people at school, at clubs, after school activities or in the community. Making new connections can seem challenging sometimes but when we are confident and positive, we can make new friends and new relationships. Who can you talk to today to make a new connection?

Take Time to Think About Your Connections

Life can be busy and we can sometimes be too busy to stop and notice the relationships we have with other people. When we take the time to **think** about our relationships, we can develop a positive sense of self, feel cared for, valued and respected. We can also start to notice parts of relationships that may need some support or extra care.



Growing and Changing Connections

As we grow into adults we will have relationships that stay with us, these may be family or friends. These relationships are likely to **change** and **develop** over time. There might be times when these relationships are tricky, for example, when we have an argument with a brother or sister. Understanding that relationships change and develop is important, so we can change and develop with them. If you are finding any of your relationships difficult, or are finding it hard to make new relationships, then **please speak to a trusted adult**.

