

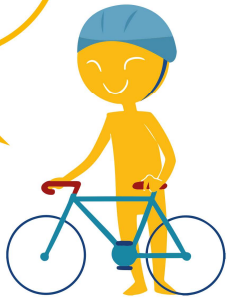


# **Lesson 6**

## Connecting with others



Be  
Active



Connect



Give



Learn



Take  
notice



How R U?



NOT OK



OK



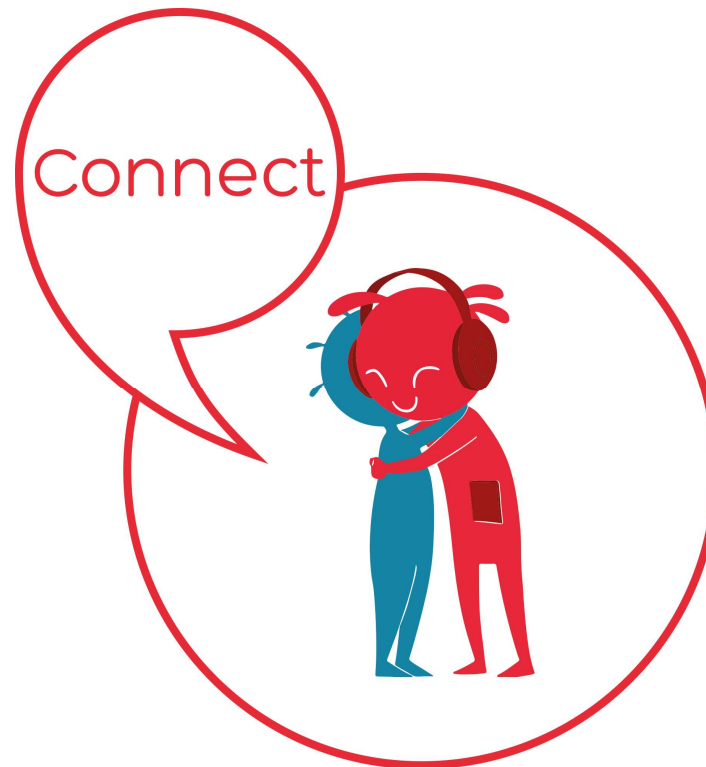


# Learning Intentions

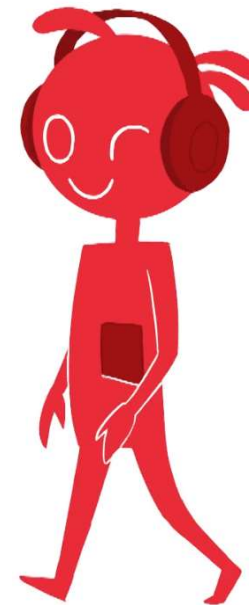
To understand why connecting with others is good for our emotional wellbeing.

To learn about who we can connect with.

To start to practise connecting with others.



What does it mean  
to **CONNECT** with  
others?

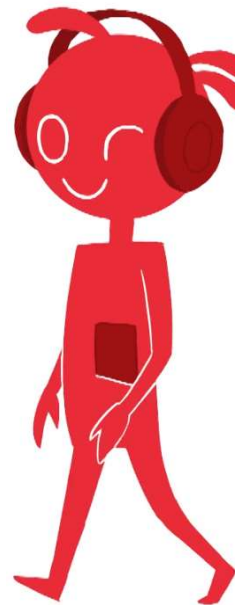


Why is **CONNECTING**  
with others good for our  
emotional wellbeing?



Who can we  
**CONNECT** with?

What makes them  
good people to  
**CONNECT** with?







# YOUR CONNECTIONS

## MAP





# Wellbeing Task

Choose 1 person from your Connections Map who you have not spoken to in a while. How could you **CONNECT** with them?

Make a plan! Make sure that you stick to our current social distancing/safety guidelines.

Follow the plan and write down how it went.



# Making Connections



## My Plan

Choose 1 person from your Connections Map who you have not spoken to in a while.

Write the person's name here:

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How could you CONNECT with them?

Write your ideas here:

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Choose 1 of these ideas to try as your Wellbeing Task.

Write down your plan here:

*What will you do?*

---

*When?*

---

*Who could help you with this?*

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## How Did It Go?

What did you do to CONNECT? It is ok if this is different from what you planned.

Write down what you did to CONNECT here:

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How did you feel when you CONNECTED with the person?

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How do you think the person felt when they CONNECTED with you?

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