



MY 7-DAY

★ Connection

★ CHALLENGE

There are many ways to enhance the connections you have. Try to achieve all 9 tasks opposite in 7 days to make new connections in your school community.



*Connection is so important.
Take my word for it!*

Sit with somebody new and find out about who they are. You may just make a new friend.

Take some time to ask your teacher questions about how they are feeling to show support.

Ask a new person if they would like to walk home from school with you and find out about their life at home.

Encourage your family to turn off all technology during dinner times and talk to each other about their day.

Join a new club or society at school and review how much you enjoyed the experience.

Spend at least 10 minutes per day sitting in silence in nature. Connect with your thoughts.

Find somebody in your class who needs help and volunteer your time to make their life easier.

Visit a younger class and take time to help out the children there. Connect with younger people.

Keep a mood diary everyday to see how you are feeling and why? Connect with your emotions.