



Have you ever looked closely at a piece of thread, some string or even a bit of rope? If you look really closely, you'll see that they're all made of loads of strands.

Even the bits of thread keeping your t-shirt together; it might look like only one strand of thread, but if you look carefully you'll notice definitely more than one strand!

The more strands that are put together, the stronger they are. This is the same for you!
The more connected you are to other people, the stronger you are, too.



Draw a rope with three strands in this space. For each strand, write the name of a person who supports you or someone you feel connected to.

Talk with your mentor about these three people. What makes you feel most connected to them?

If you couldn't think of three people, why not? Use this space to think about more people you could add to this rope and how you might become connected to them.



The NHS has lots of helpful tips on connecting with other people. Here are some of their suggestions:

Spend more time
with your family

Eat lunch
with a friend
online.

Spend less time watching TV
or playing on consoles and
play a game with friends or
family instead or phone them.

What are you already doing to encourage connection
with other people?

What more can you do to help you connect with
other people better?