

**Week 9:**

**Connecting with others**

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| **My Support Map**  Have a think about all the people in your life who support you. In each box write down who supports you in these different areas. It is important to know who we can reach out if we need help and support.  Friends who support me ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..  Family who support me  ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..  People who support me in my community  …………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….  People at school who support me  …………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….. |
| **Kindness Challenge**  A little kindness goes a long way. This week why not have a go at performing one act of kindness each day If you would like to, you can use the table below to record what you did and what happened:   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | ***What did you do?*** | ***Why did you choose this activity?*** | ***What happened?*** | ***What did you learn?*** | | **Monday** |  |  |  |  | | **Tuesday** |  |  |  |  | | **Wednesday** |  |  |  |  | | **Thursday** |  |  |  |  | | **Friday** |  |  |  |  | | **Saturday** |  |  |  |  | | **Sunday** |  |  |  |  |   ***Stuck for ideas?***  – What about giving someone a compliment   * Helping with an extra chore * Make someone a cup of tea |