

Tip 3. create connections

Spending time with people who care about me:

- gives me energy
- makes me feel like I belong
- helps me relax
- makes me feel supported.

How can I improve the ways I connect with people? I can:

- stay friends with people who make me feel happy and let me be myself
- be friends with lots of different people, like school friends, work friends, neighbours, older people and people who like what I like
- be honest and share my thoughts and feelings with my friends
- be kind to myself in social situations, I know it can be hard to talk to people sometimes
- remember to look after myself, looking after myself teaches me how to care for others too
- be brave and speak to someone new.



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What things do I like? What do I like to do when I need to take a break from everything? What makes me feel good?

3 things I like are:

When I need a break I like to:

3 things I like doing:

What activities happen in my neighbourhood that I might want to go to?

In social situations...

I am:

confident / shy

loud / quiet

I like:

big groups / small groups

just talking / doing an activity

Getting to know myself helps me to choose ways to make new friends. It helps me understand other people too.