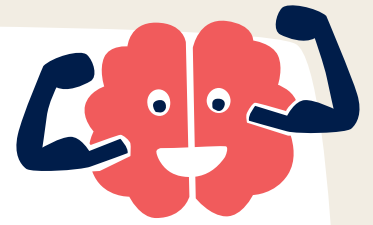


Chain of Connection



Year: K-6

Resource Description: This fun, festive activity encourages students to recognise the supportive individuals in their lives. Those people that they can turn to for help if needed, especially during the holidays, highlighting the village of people who care about them.

Materials Needed:

- Coloured paper or recycled wrapping paper
- Scissors
- Glue or stapler
- Markers, crayons, or coloured pencils

Option One - Connection Chain: Our Classroom Village:

Objective: To recognise supportive individuals in students' lives, highlighting the village of people who care about them.

Instructions:

- 1. Create the Paper Strips:** Have students cut sheets of coloured or plain paper into strips, about 2-3 cm wide.
- 2. Write on the Strips:** Ask students to write the names of people in their village on separate strips. Include a short note about why that person is important to them on each strip.
- 3. Decorate the Strips:** Students can use markers, coloured pencils, or crayons to decorate their strips to make them more personal.
- 4. Assemble the Chain:** Glue or staple the ends of each strip to form a loop, linking the next strip through it to create a chain.
- 5. Display the Chain:** Hang the completed chain in the classroom to remind everyone of our individual and collective village of support.

Let's build our mental fitness together

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, gotcha4life.org



Option Two - Connection Chain: Don't Worry Alone

Objective: To help students identify sources of support and strategies for managing anxieties during the extended break, reinforcing the idea that they are never alone even when school is out.

Instructions:

- 1. Create the Paper Strips:** Have students cut sheets of coloured or plain paper into strips, about 2-3 cm wide.
- 2. Write Summer Support Ideas:** Ask students to write on each strip the name of someone in their village (e.g., family members, friends, or neighbours) whom they can talk to or reach out to during the summer holidays. They can also include activities that help them feel connected and calm, like going for a walk, reading, or drawing.
- 3. Decorate the Strips:** Encourage students to decorate their strips with symbols, colours, or drawings that represent summer fun and feelings of safety.
- 4. Assemble the Chain:** Connect the strips into a chain by glueing or stapling them to form loops. Each loop represents a support or strategy they can use during the holidays.
- 5. Take Home the Chain:** Instead of displaying it in the classroom, each student takes their Connection Chain home as a reminder that they have support and strategies to manage any worries that arise over the break.

Discussion Prompt: Before sending the chains home, have a class discussion about ways to stay connected with their village during the holidays, emphasising that it's brave to reach out if they feel anxious or need help.

Resource Objective: Mental Fitness Motivator

Most suitable time to integrate this resource: During morning routines, before lessons or as a brain booster to invigorate the mind.

Gotcha4Life Protective Factor link: Social Connectedness ('Embrace your village') and Help Seeking Behaviour ('Don't worry alone')

Let's build our mental fitness together

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, gotcha4life.org



Chain of Connection

	GLUE HERE
	GLUE HERE
	GLUE HERE
	GLUE HERE
	GLUE HERE
	GLUE HERE

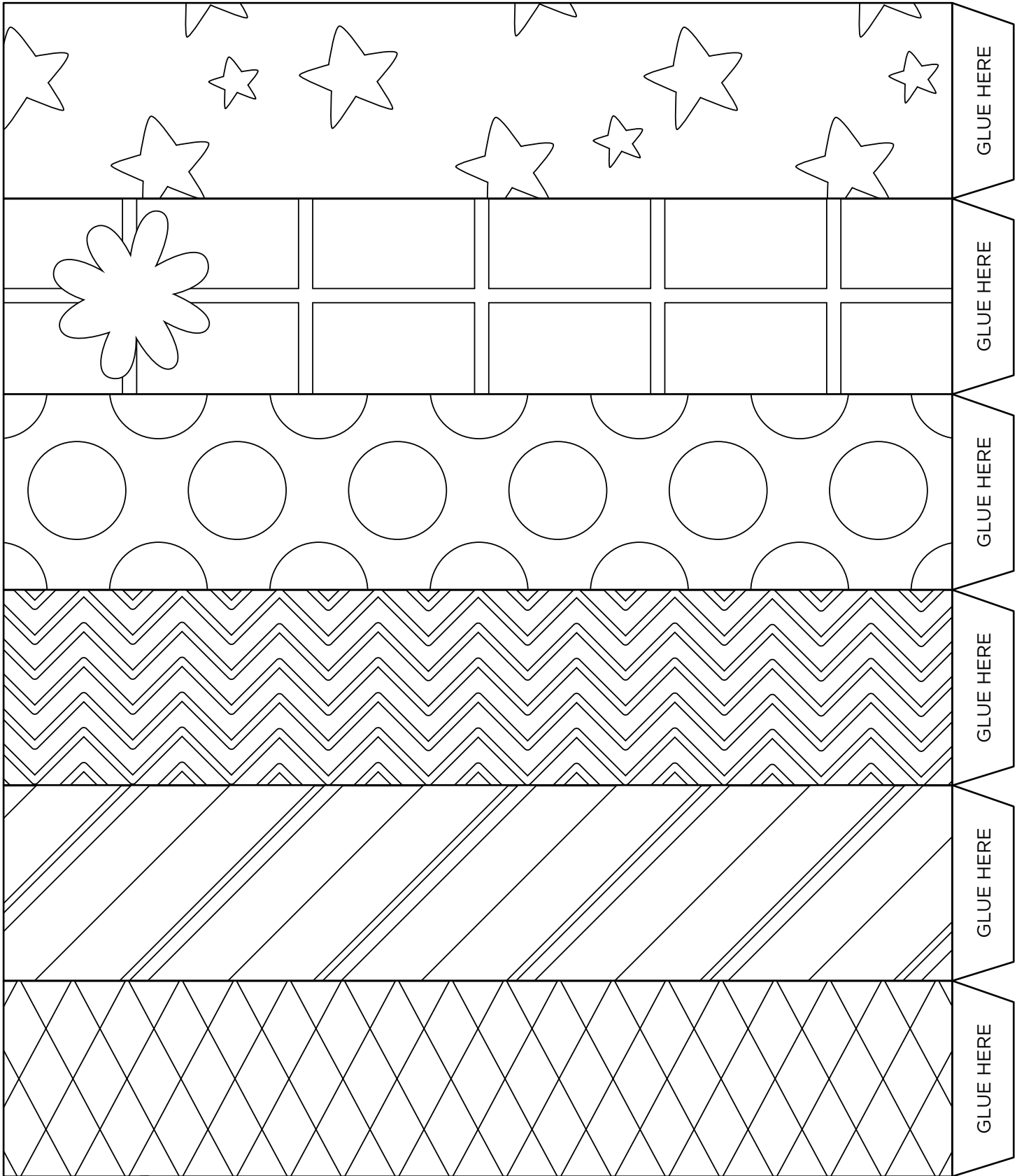


Let's build our mental fitness together

gotcha4life.org ©2024 Gotcha4Life Foundation



Chain of Connection

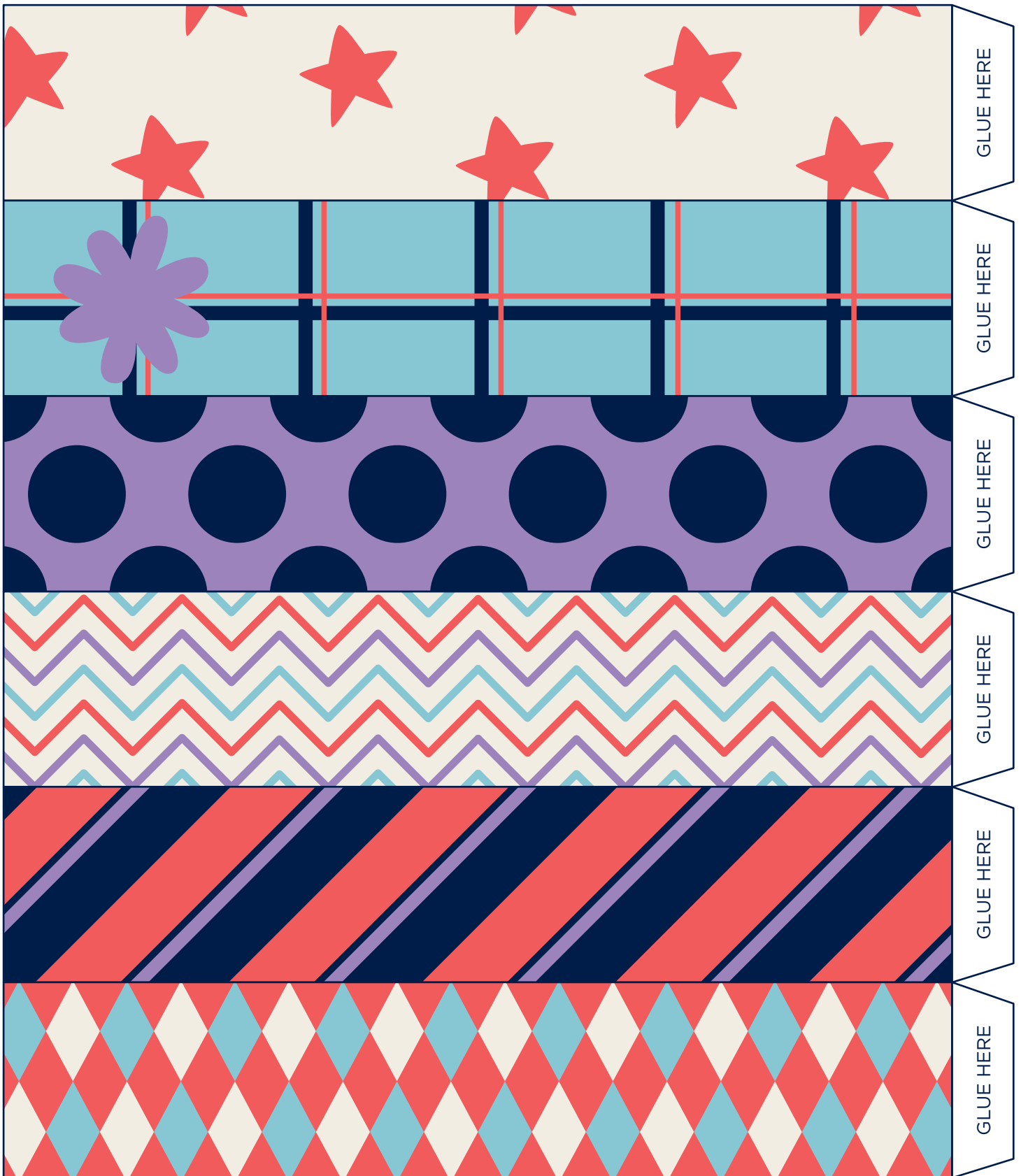


Let's build our mental fitness together

gotcha4life.org ©2024 Gotcha4Life Foundation



Chain of Connection



Let's build our mental fitness together

gotcha4life.org ©2024 Gotcha4Life Foundation

