



**COME  
TOGETHER,  
CANADA.**

**Stronger connections,  
better mental health.**



# CONNECTION ACTIVITIES

## CONNECTION IN THE CLASSROOM – MENTAL HEALTH WEEK TOOLKIT FOR SCHOOLS

Welcome, and thank you for helping students come together.

Connection is key to mental health and classrooms play an important role in building belonging, empathy, and support for young people. This set of activities is designed to support connection across different age groups through collaboration, reflection, and shared experiences.

Whether students are working together, discovering common ground, or expressing themselves creatively, these moments help build stronger relationships and a more connected classroom environment.

### K-4 ACTIVITIES:

#### **What Matters to Me**

(Show & Tell Connection)

**Time:** 20–30 minutes

**Materials:** Personal item or photo (optional), paper for drawing (optional)

**Instructions:** Students bring in or think of a photo, object, or memory that is meaningful to them.

They share it with the class through a short show-and-tell.

#### **Reflection questions:**

- What did you enjoy sharing or hearing from others?
- Did you discover anything new about your classmates?

#### **Connect Through Art**

(Draw a friend)

**Time:** 15–20 minutes

**Materials:** Paper, pencils, markers

**Instructions:** Students pair up and draw a portrait of each other.

They can ask each other questions while drawing to learn more about their partner and include these things in the drawing.

#### **Reflection questions:**

- What did you learn about your partner?
- How did it feel to be observed and drawn by someone else?

## Pass It On Together (Hula Hoop Challenge)

**Time:** 10–15 minutes

**Materials:** Hula hoop

**Instructions:** Students stand in a circle holding hands.

A hula hoop is placed over one student's arm, and the group must pass it around the circle by passing their bodies through without letting go of hands.

The hoop cannot touch the ground.

**Optional variations:**

- Time the group to complete the challenge
- Break into smaller groups for a friendly competition

**Reflection questions:**

- What made this challenge hard?
- How did you support each other during the challenge?

## Connection Web (Question Web)

**Time:** 15 minutes

**Materials:** Ball of yarn

**Instructions:** Students stand or sit in a circle.

One student holds the yarn, answers a simple question prompted by the teacher (what is your favourite food, do you have a pet etc.), then tosses the yarn to another student while holding onto their piece.

This continues until a web is formed, visually showing the connections between students.

**Reflection questions:**

- What did you learn about your classmates?
- What does the web say about your class?

## Come Together & Lineup (Birthday Lineup)

**Time:** 10–15 minutes

**Materials:** None

**Instructions:** Students line up in order of their birthdays without asking the teacher for help.

They must communicate with each other to figure out the correct order.

**Optional variations** (tailor for age group)

- Line up by favourite colour, shirt colour

**Reflection questions:**

- What helped you work together?
- What made it easier or harder to get the order right?



## GRADES 5-8 ACTIVITIES :

### Feel It, Draw It Together

(Feelings Art Activity)

**Time:** 10–15 minutes

**Materials:** Paper, pencils, markers (optional)

**Instructions:** The teacher calls out different feelings (for example: happy, nervous, excited, frustrated).

Students draw what each feeling looks like to them.

**Reflection questions:**

- Did everyone express the same feeling in the same way?
- What did you notice about how others experience emotions?

### Find Your Common Ground

(Common Denominator)

**Time:** 10–15 minutes

**Materials:** None

**Instructions:** Students form small groups and are given a time limit to find things they all have in common that are not obvious.

Increase difficulty by adding time pressure or specific categories.

**Reflection questions:**

- What surprised you about your group?
- How did finding common ground change how you see each other?

### Build It Together

(Team Building Challenge)

**Time:** 30 minutes

**Materials:** 2–3 reams of printer paper, 1–2 rolls of tape, Cardboard (optional, Paper clips or binder clips, Scissors)

**Instructions:** Students work in teams of 3–5 to build a stool using only the provided materials.

The stool must be 12–18 inches high and support a person for 10 seconds.

**Reflection questions:**

- How did your group make decisions?
- What helped your team work together well?

### Connection Bingo

(Human Bingo)

**Time:** 15–20 minutes

**Materials:** Printed bingo cards, pens or pencils

**Instructions:** Students move around the room and find classmates who match different prompts on their bingo card (for example: has an older sibling, enjoys a certain hobby). Click [HERE](#) to access the bingo card to print it.

**Reflection questions:**

- What did you learn about your classmates?
- Did you discover anything you have in common with others?

## Take a Stand Together

(Four Corners)

**Time:** 10–15 minutes

**Materials:** Paper to write the names of each corner and label accordingly

**Instructions:** Each corner of the room represents a response: agree, somewhat agree, disagree, somewhat disagree.

The teacher reads out low-stakes, opinion-based statements, and students move to the corner that reflects their view.

### Sample statements:

- I prefer spending time with a small group rather than a big group.
- It's easier to talk to people I already know than to meet someone new.
- I feel more connected when I spend time in person than online.
- I like working in a team more than working on my own.
- Music helps me feel connected to my emotions.
- I find it easy to start a conversation with someone new.
- I feel more comfortable expressing myself through actions than words.
- Having shared interests makes it easier to connect with others.
- I enjoy trying new activities with other people.
- Small acts of kindness can make a big difference in someone's day

### Reflection questions:

- Did you notice similarities or differences in opinions?
- How did it feel to share your perspective with others?

## GRADES 9–12 ACTIVITIES :

### Our Class, Our Playlist

(Class Playlist)

**Time:** 20–30 minutes

**Materials:** Music app or speaker (optional)

**Instructions:** Each student shares a song that represents how they feel, something meaningful to them, or something that helps them relax (ask students to be mindful to keep choices 'school friendly'.)

Students briefly explain their choice in one or two sentences.

The songs are combined into a class playlist that can be played throughout the week.

### Optional variations:

- Assign a "class DJ" based on participation or classroom activities
- Use the playlist during transitions or quiet work time

### Reflection questions:

- Did you notice any shared themes?
- Did any songs surprise you?



## Connect Through Giving

(Volunteering Activity)

**Time:** Half day or full day (flexible)

**Materials:** Depends on activity

**Instructions:** Students participate in a group volunteer activity to support their community.

This can be done as a class or grade-wide initiative.

**Examples include:**

- Volunteering at a local food program
- Participating in a park or community cleanup
- Assembling care packages for shelters or community organizations

**Reflection questions:**

- How did it feel to contribute to your community?
- How can helping others strengthen connection?

## Solve It Together

(Connection Challenge)

**Time:** 30–45 minutes

**Materials:** Poster paper or digital tools (optional)

**Instructions:** Students work individually or in groups to explore the question:

*How can we reduce disconnection and loneliness among people our age?*

They present their ideas through a poster, artwork, or short presentation.

Students can also design solutions that encourage connection within their school or community.

**Reflection questions:**

- What ideas did you find most impactful?
- How can small actions help create stronger connections?

## Draw, Guess, Connect

(Telestrations-Style Game)

**Time:** 20–30 minutes

**Materials:** Paper, pencils

**Instructions:** Students are divided into groups.

The first student draws a prompt, the second writes what they think the drawing is, and the third draws that description.

This continues through the group, alternating between drawing and writing.

The goal is to see how the message changes as it moves through the group.

**Reflection questions:**

- How did the message change as it moved through the group?
- What does this show about communication and understanding?

