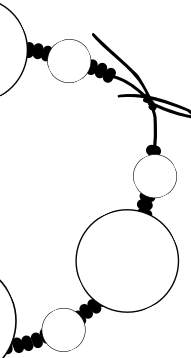


# Connection Bracelet Activity



During **Children's Mental Health Week**, we are learning about how important connection is to our well-being. Strong connections help us feel supported, valued, and understood. When we know who we can turn to, it becomes easier to ask for help and support others too.

## What is a Connection Bracelet?

A connection bracelet is a **reminder** of the people in your life who support you, care about you, and help you feel like you belong.

## Come Together Wall Optional Display

Once your connection bracelet is complete, add it to a classroom or school "Come Together" wall. This display will show all the ways our community stays connected and supports one another. As more bracelets are added, it becomes a powerful reminder that we are part of a caring and connected community.

## Activity Instructions:

1

### Think about your connections

Who are the people you can talk to or go to for support? This could include family members, friends, teachers, coaches, or other trusted adults.

2

### Design your bracelet

Each bead represents a person or group who supports you. Colour each bead, add symbols, patterns, or drawings of how they make you feel and what you do together to help you feel connected. You can also write initials or names.

3

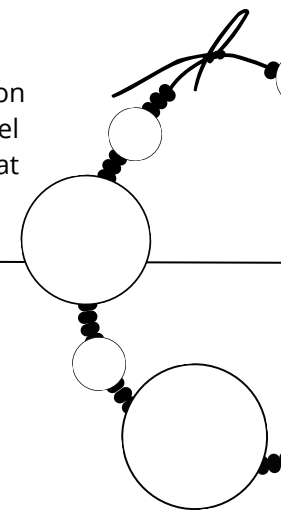
### Make it meaningful

As you decorate each bead, think about how each person or group helps you. What do they do that makes you feel supported, safe, or happy? What do you do together that helps you feel connected?

4

### Reflect and share

After you completed your bracelet, share your bracelet with a classmate or your class. Talk about your beads and who and what they represent and why they are an important connection to you.



# Activity Example

# My Connection Bracelet

Children's Mental Health Week



My Friends

*I connect with...*



Mom

*I connect with...*



My Big Brother

*I connect with...*

# Talia

First Name