

Connection Kit

Connection activities for children up to 16 years old.

Increasing the level of connection with young people will ensure that they are happier and healthier. These activities are designed to help young people connect to self, community, nature and family.

Connect with loved ones

Write a letter to a special friend or relative. Post it by mail or hand deliver and await their reply.

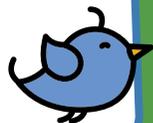


Connect with your senses

What scents remind you of happy times? Gather your own happy smells for when you need a boost.

Connect with nature

With all the snow and cold frosty weather, feed the birds and connect with nature.



Connect with yourself

Having a 30-minute nap in the middle of the day could enhance your energy and increase your learning power.

Connect through kindness

It's Random Acts of Kindness Day on the 17 February. Make a list of kind things and pledge to do them.

Connect with family

Create a family scrap book, call family members and ask them for stories or memories of them growing up.

Spiritual connection

Go into nature and take some long, slow deep breaths. With spring nearby, make an intention for the coming month. Imagine it as a tiny seed you are planting in the ground.



Connect with feel good chemicals

Give yourself permission to take some time out to do what you love – something that makes you feel all warm and fuzzy!

Connect with your future

Write a letter to your future self, what would you say?

Connect with your imagination

Play your favorite song and draw what comes into your mind - it could be a pattern, a picture or a scene.



Connect with your body

Find a quiet place, close your eyes and slow down, breath and sense into your own body.

Connect with the past

Together with your family or friends take it in turns to share your favorite funny memories.

Please note, underlined text are hyperlinks to websites.

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Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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