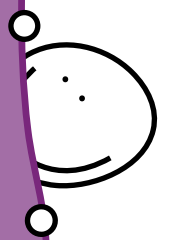


Connect

Connections with other people help strengthen our sense of self-worth, and feelings of being loved and valued. They also offer a sense of perspective and a distraction from getting stuck in negative thoughts. They help us feel less lonely, which is very important, as studies have shown that loneliness may be linked to depression, sleep problems and other wellbeing issues.



- Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker if you are out shopping, to a delivery person or make them poster sized and stick them in your front window for passers-by to see. See [page 7](#) for some templates.
- Think about someone who might be lonely at this time and send happy mail to cheer them up. This could be a picture, a poem, a letter etc. and can either be sent in the post, emailed or posted on social media for them to see.
- If you are old enough, read a book to a younger child or a grandparent – this could even be done via video call.
- Make a playlist of your favourite songs and share it with your friends.
- Make up a joke and try it out on your friends and family.
- If you like cooking, share the recipe for your favourite creation with someone.
- Find out something about your parents or grandparents that you didn't already know. You could ask some of these questions:
 - Where did they go to school?
 - Where was their first job?
 - Where did they live when you were first born?
 - What did they do for fun when they were your age?
 - When they were your age, what job did they want to do?
- Create your close family tree. Why not make it into a poster and make it look pretty.
- Invent your own secret code and write messages to your friends.



Happiness cards

Write happiness cards that promote wellbeing, friendship, tolerance and empathy; post them through a neighbour's door, give to a shop worker or a delivery driver or make them poster sized and stick them in your front window for passers-by to see. You can use our ones and colour them in or make your own! We've left one blank for you to write your own message.



Thanks for being
ROARSOME!!

Here's a virtual
HUG from me
to you

Thank you for
everything you
are doing

You
super trooper
you

You're
amazing

