

## Friendship Friday

Relationships, friendships and connections with other people are **HUGELY** important for our Mental Health.

When we connect with others, we develop a sense of belonging to friendships, families, schools and the wider community.

### 'Tea Talks' or 'Chocolate Chats'

Check in with a friend over the phone or online (with your parent's permission of course!)



If this isn't available to you, then draw a picture of what you and your friends like to do together to have fun. Hang it up on your wall as a lovely reminder of this friendship.