

## 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 possible for you, think about writing a letter to a friend or get creative in another way!