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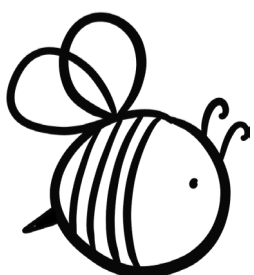
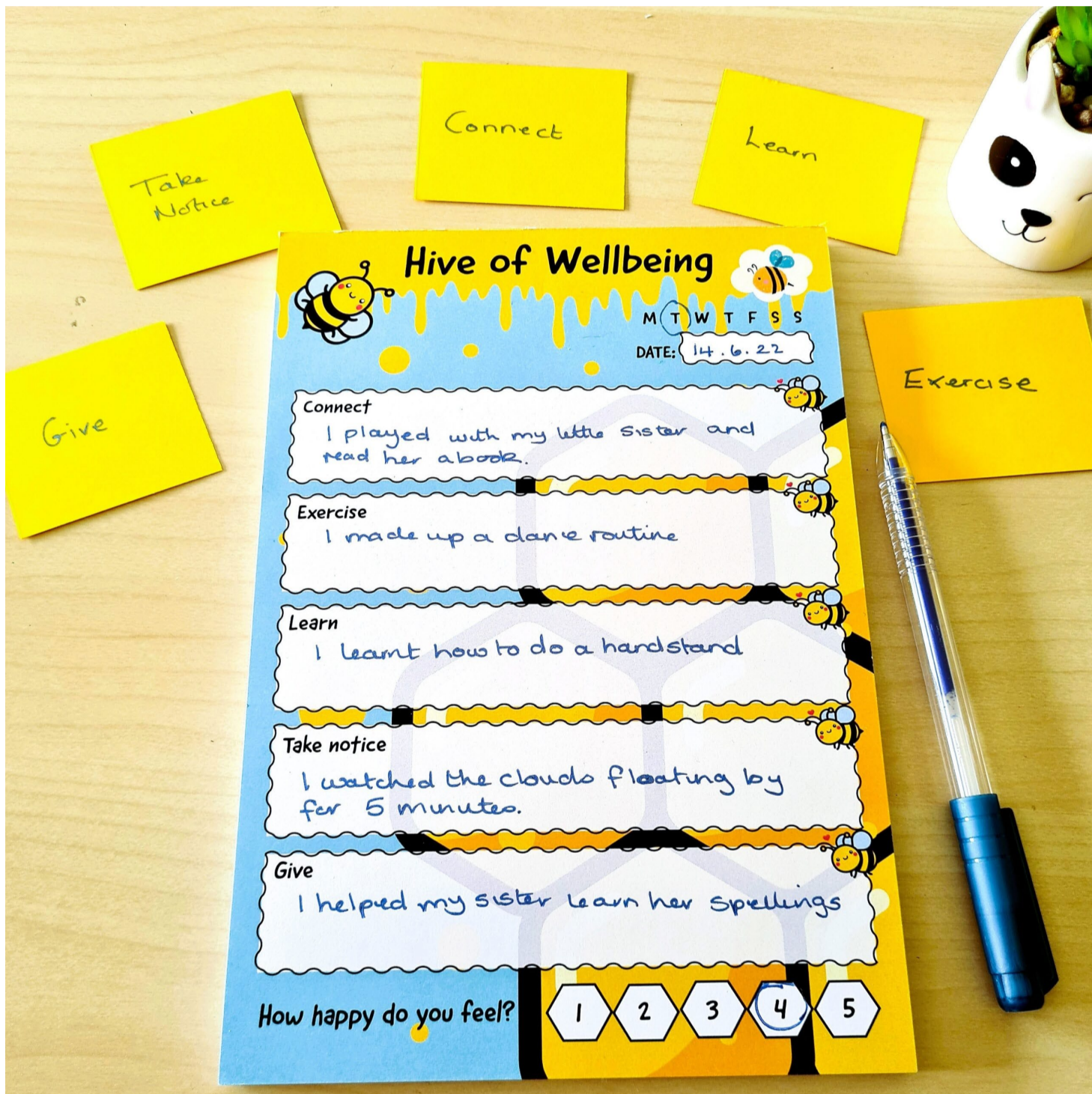




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A TO Z OF 'LET'S CONNECT'

Children's Mental Health Week

<p>A for ATTACHMENT Feel the attachment to friends and family</p>	<p>B for BELONGING Belong to groups where there are common interests</p>	<p>C for COMMUNITY Be part of your community</p>	<p>D for DEPENDABLE Who can you depend on?</p>
<p>E for EXPLORE Explore and make new friendships</p>	<p>F for FRIENDS Make time to see your friends</p>	<p>G for GREETINGS Greet people with a smile and friendly word</p>	<p>H for HELPING Offer your help to anyone that needs it</p>
<p>I for INSPIRING Be inspiring to others</p>	<p>J for JOIN IN Join in with games and activities</p>	<p>K for KINDNESS Show kindness to others always</p>	<p>L for LISTEN Use your listening skills when talking to others</p>
<p>M for MEANINGFUL Make meaningful relationships</p>	<p>N for NAMES Ask people what their names are and use them</p>	<p>O for OPENNESS Be open and friendly to all</p>	<p>P for PLAY Play with lots of different people</p>
<p>Q for QUALITY Spend quality time with others</p>	<p>R for RAPPORT Who do you feel close to?</p>	<p>S for SAFE Spend time with people who make you feel safe</p>	<p>T for TOGETHER Do exciting things together</p>
<p>U for UNITY Who can you unite with?</p>	<p>V for VALUE Value your family and friends</p>	<p>W for WELCOME Always be welcoming to others</p>	<p>X for EXCEL Excel at friendliness</p>
<p>Y for YES Say yes to new adventures</p>	<p>Z for ZEALOUS Be an enthusiastic friend</p>		



A TO Z OF 'LET'S CONNECT'

Children's Mental Health Week

A for	B for	C for	D for
E for	F for	G for	H for
I for	J for	K for	L for
M for	N for	O for	P for
Q for	R for	S for	T for
U for	V for	W for	X for
	Y for	Z for	

