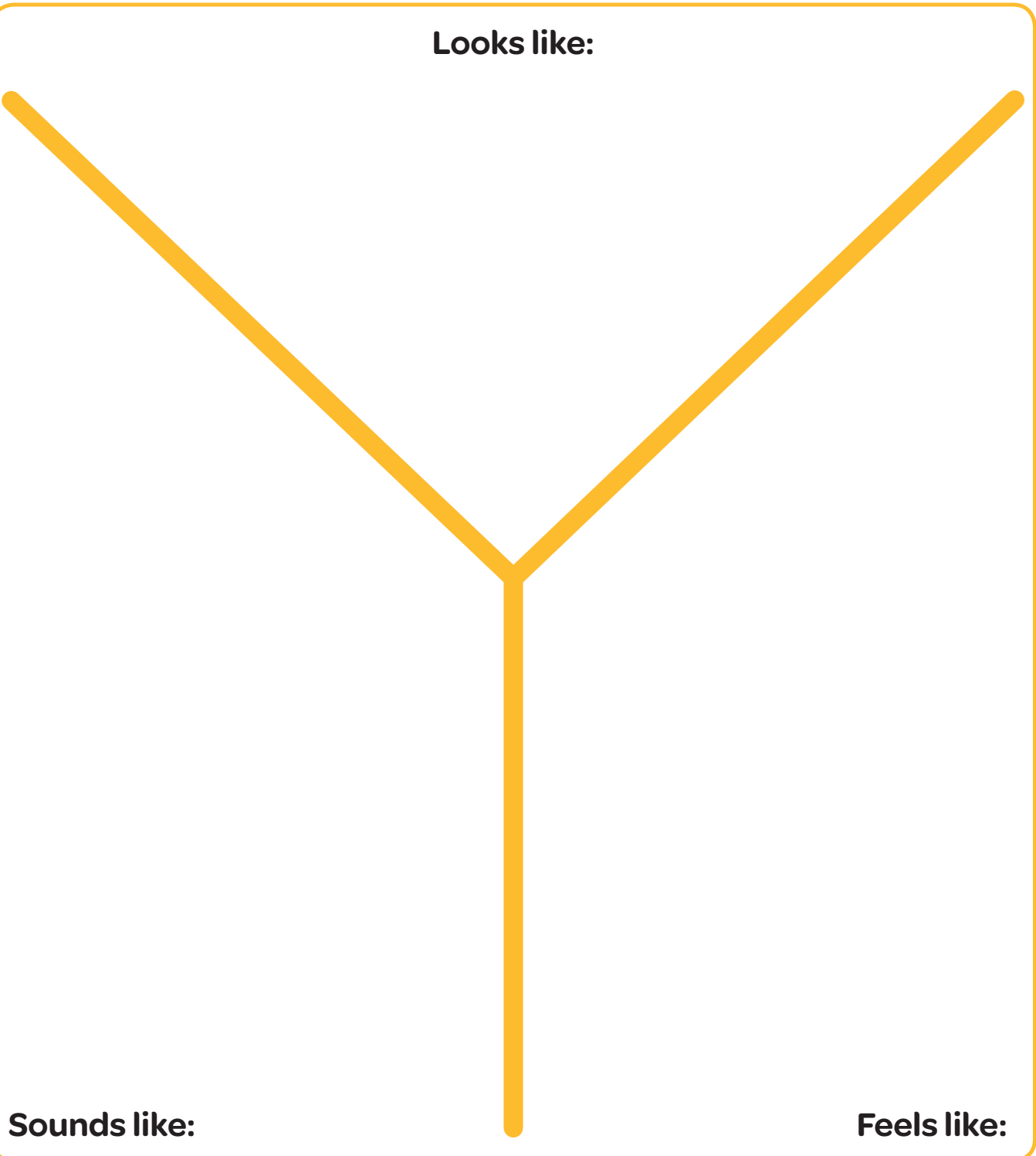


A Y-chart identifies what something:

- Looks like
- Feels like
- Sounds like

Use the chart below to record what you think connectedness looks, feels and sounds like.

Looks like:

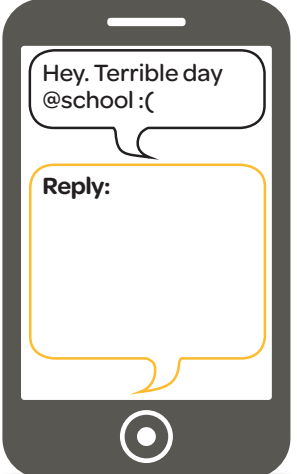



Sounds like: **Feels like:**


Phone Chat Worksheet

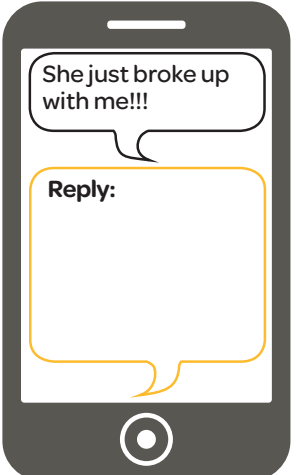



Text messages can send mixed messages, especially when someone's struggling.
How would you reply to the text messages below to show your friend you're there to support them?


1. 

2. 

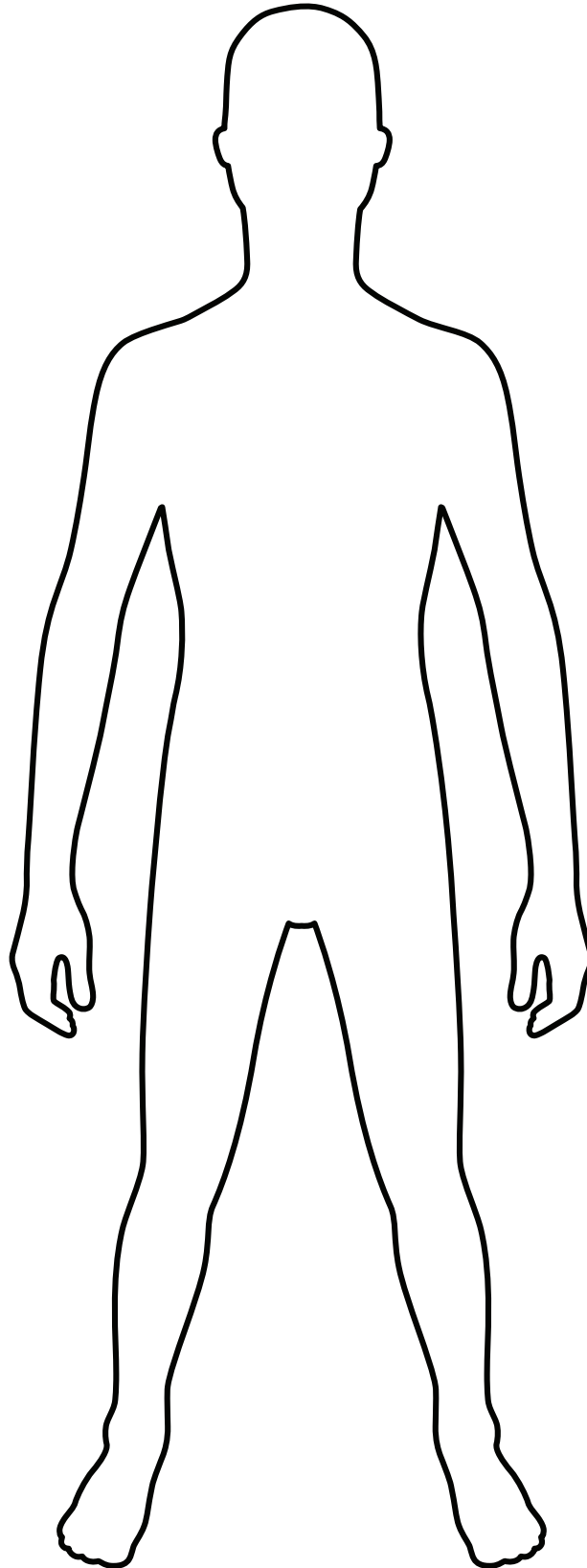
3. 

4. 

5. 

6. 

Identify the warning signs that might indicate that someone's not ok.
Draw or write the physiological changes that might occur.



Personal Reflection Worksheet

In the thought bubbles, recall a time when you weren't ok. In the speech bubbles, suggest ways to ask someone experiencing a similar situation 'are you ok?'

A week before my English exam, I was so stressed trying to cram.

The English exam is coming up. How's your study going?

Blank thought bubble and speech bubble.

Blank thought bubble and speech bubble.

Blank thought bubble and speech bubble.

Blank thought bubble and speech bubble.

Blank thought bubble and speech bubble.