

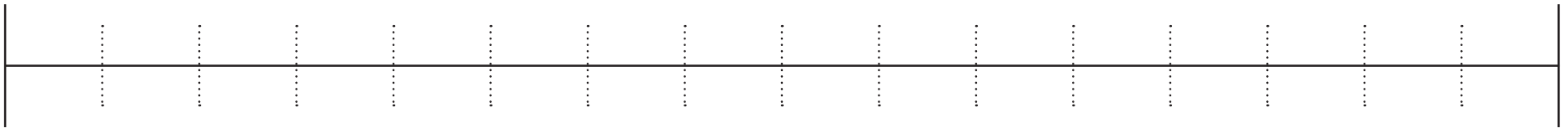
# Continuum Worksheet



After you have placed the characteristics along the continuum as a class, complete your own continuum.

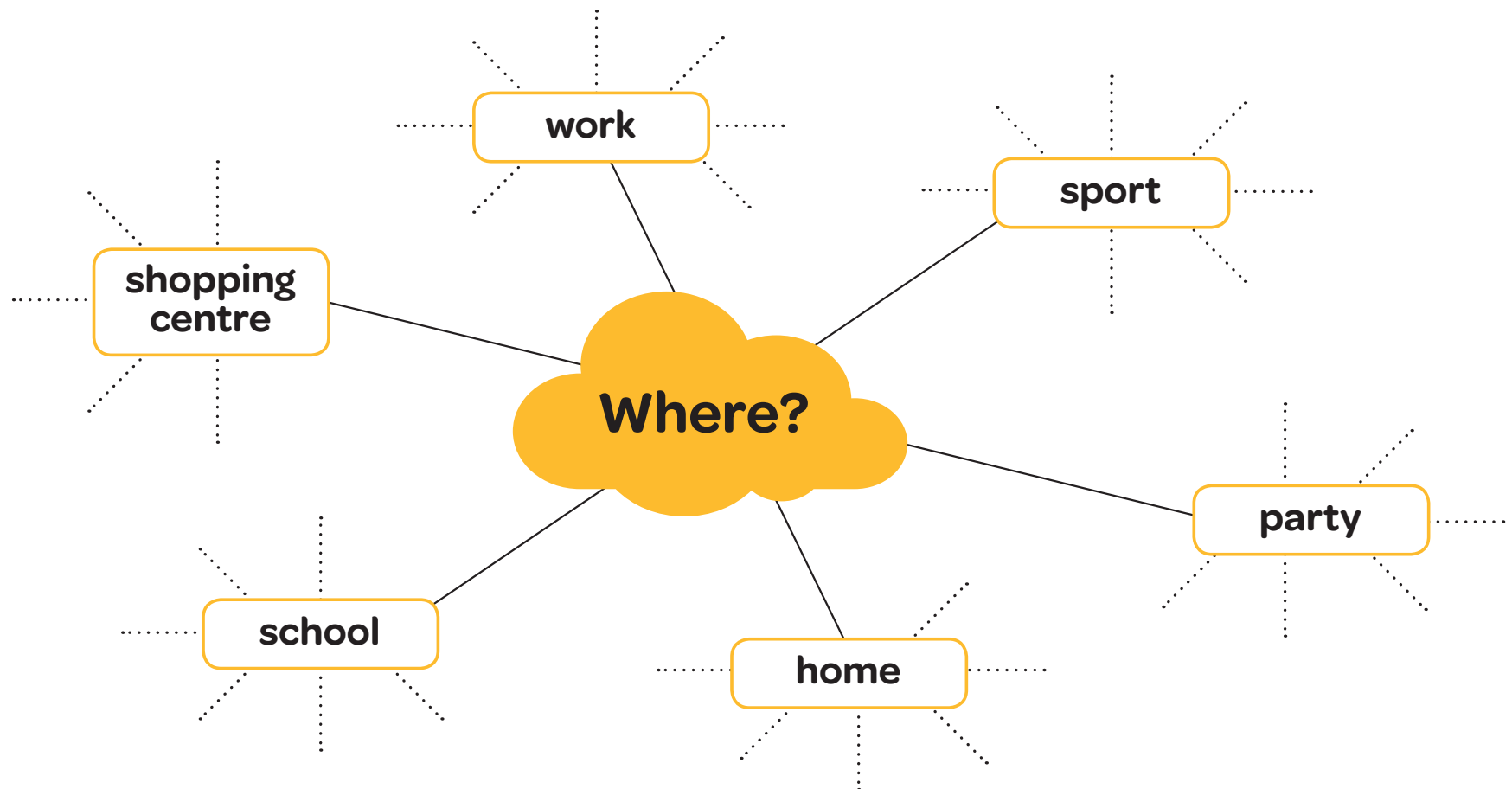
**OK**

**Not OK**




# Situation Mind Map

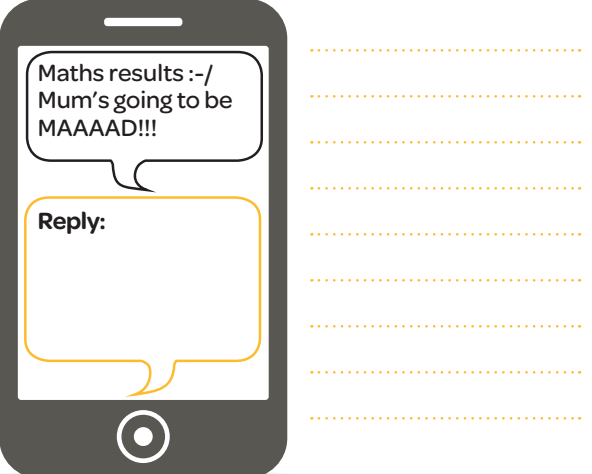
Is someone struggling with life? Use the mind map to group the signs that someone might be struggling with life under the different headings. For example, refusing to complete homework may fall under having trouble at school or trouble at home.

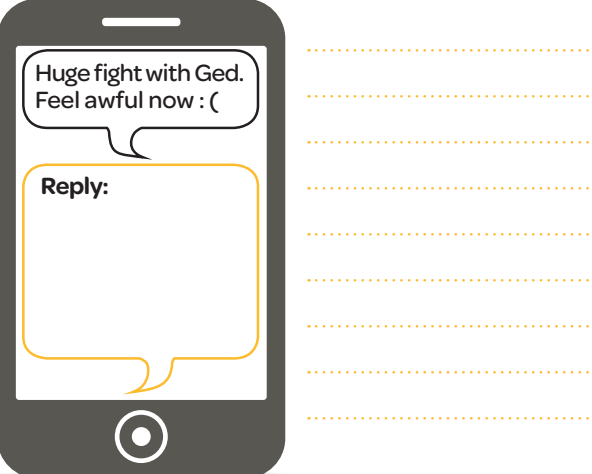


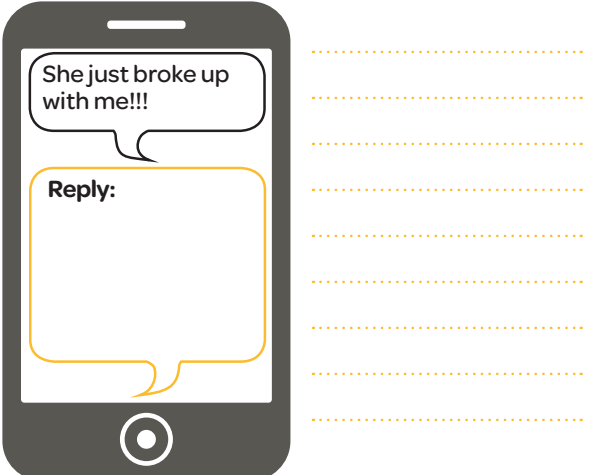
# Phone Chat Worksheet

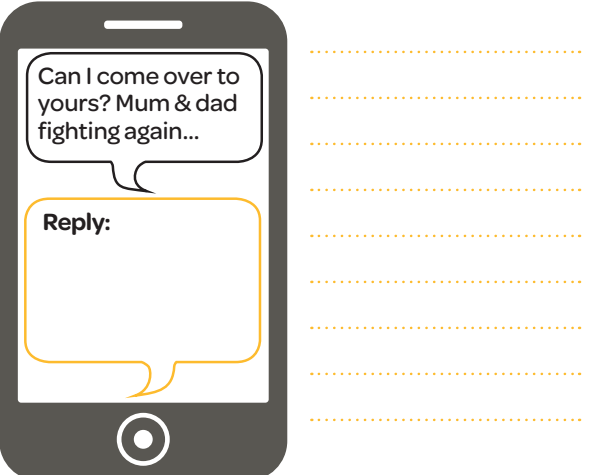
Text messages can send mixed messages, especially when someone's struggling.  
How would you reply to the text messages below to show your friend you're there to support them?

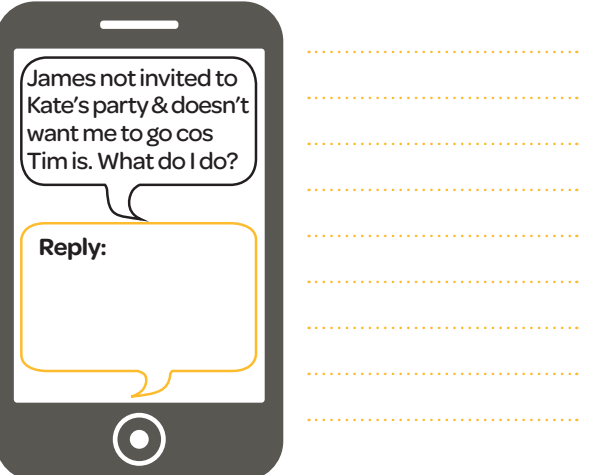
1. 

2. 

3. 

4. 

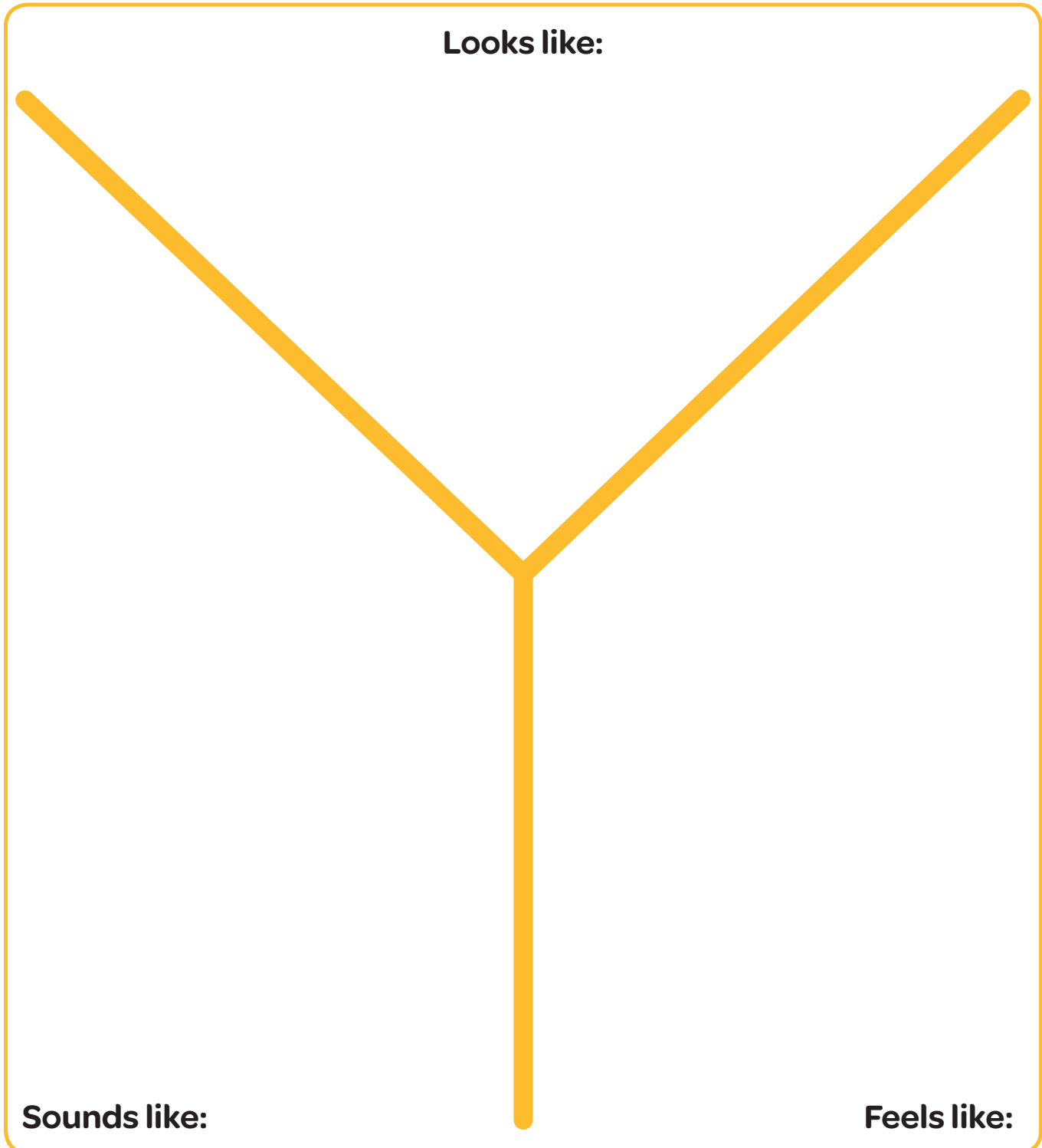
5. 

6. 

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:**

