

Children's Mental Health Week 2023

COMPETITION



How can we
connect to
improve our
wellbeing?

Option B Template

**It's time to put pen to
paper and get writing!**

Children's mental health week runs from 6th–12th February 2023. This year, the theme is “Let's Connect”, and is all about creating meaningful connections with others.

To celebrate children's mental health week, we're giving you the chance to write about how you enjoy connecting with others and why it is so beneficial for your wellbeing.

We want to know about your favourite hobby or activity to connect with friends, family, or members of your community. Maybe you enjoy volunteering, grabbing a coffee with a loved one, or playing sport with friends.

Answer the questions in this template in as much detail as possible.

Tell us about your favourite way to connect with people (what is the activity, when do you do it, who do you do it with, and where does it take place?)



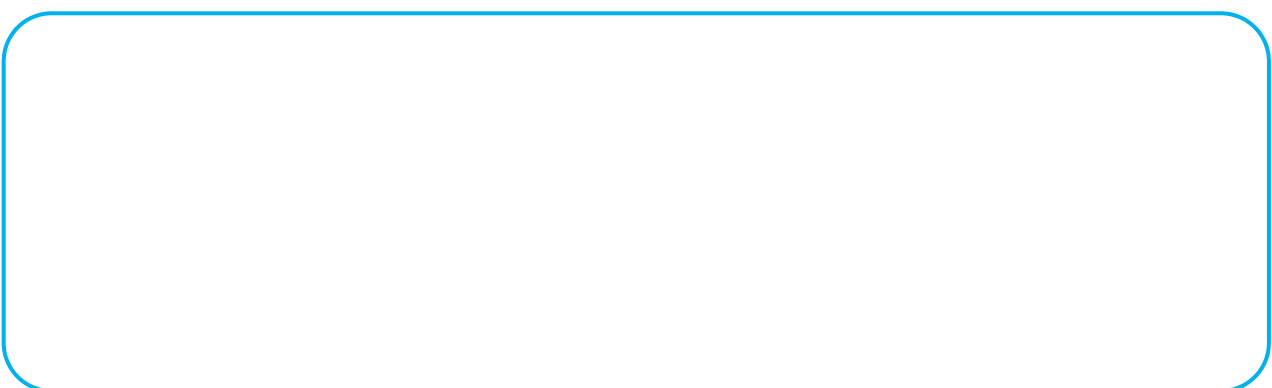
Why do you enjoy connecting with people in this way?



How does it improve your wellbeing?



How can others get involved and try out your activity to connect with others?



We'd love to see your activity in action, so use this page to upload photos or draw pictures of how you connect with others.

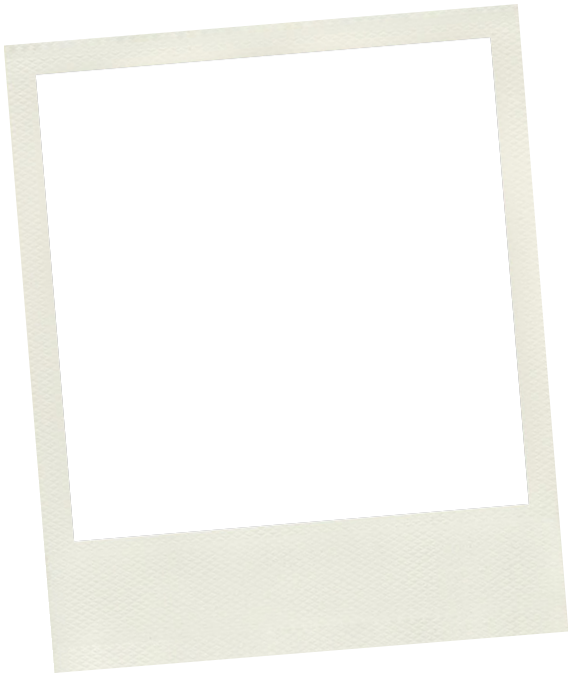


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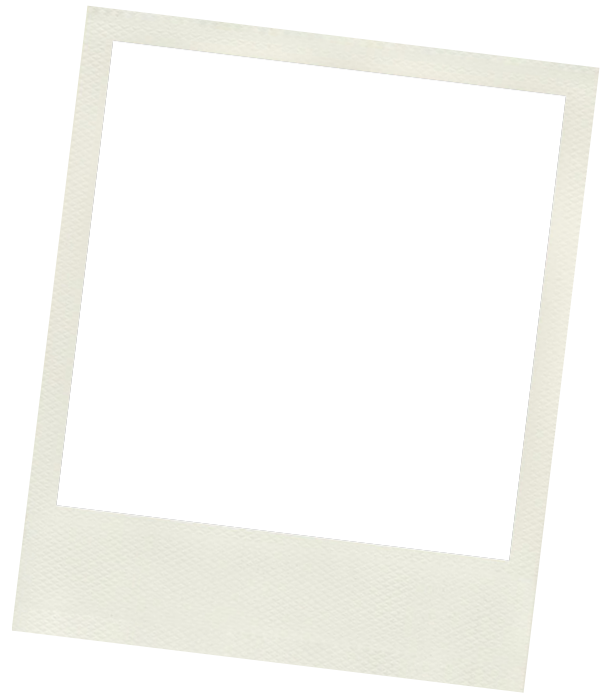
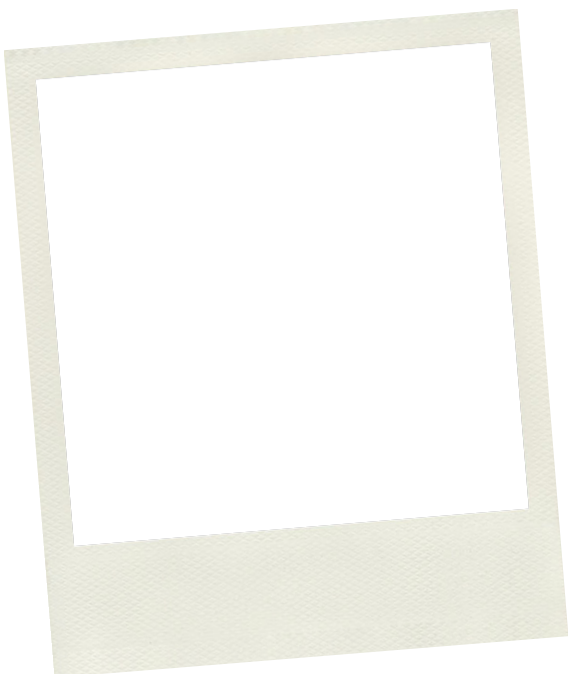


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Optional: Use this section to include any more information about your activity. You might want to include comments from other people, or more pictures of your activity in action.

Notes

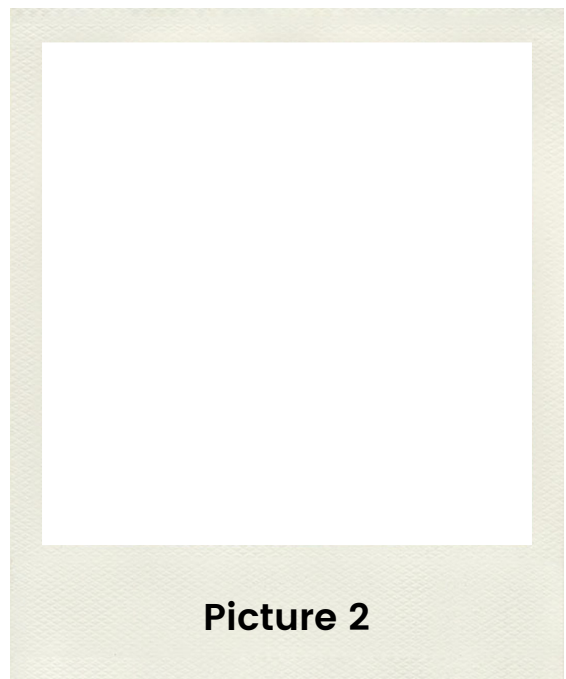
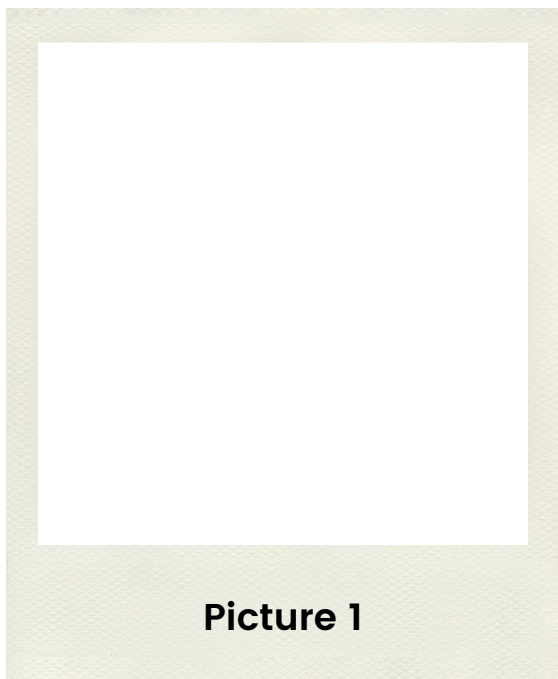


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