

M – Managing Relationships

HOW COULD YOU CONNECT WITH PEOPLE?

Organise to meet
one friend for a
socially distanced
takeaway hot
chocolate

Organise a family
fun games night of
board games

Take 5 mins out of
your day to talk to
one of your parents
about their day

Write a letter to a
friend/family who
might live abroad



Sign up to run a
specific distance for
a charity you feel
passionate about
and raise money for
a good cause, whilst
improving your
fitness

Look into joining a
new Co-curricular
club at School

Organise a form
'fun' lunchtime
full of games and
laughter for all

Pick up the phone
and ring/FaceTime
an old friend and
reminisce about
old times

Research in your
local community
who is collecting
for the food bank
and make helpful
donations

CONNECT WITH PEOPLE – RELATIONSHIPS MATTER

People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support and increase our feelings of self worth. Broader networks bring a sense of belonging.