

Paper Chain People

This paper chain activity can really help you see who is there for you. Place yourself in the middle of the paper chain and draw those who are important to you on either side.

Remind yourself that they can always talk to your important people if you are ever upset or need help.

The paper chain can include family, friends, teachers or anyone who you think is important to you. You will be able to use the Paper Chain People to remind you who to talk to if needed and is a visual reminder of the support around you.

Things you will need:

- Paper
- Scissors
- Colouring pens or pencils

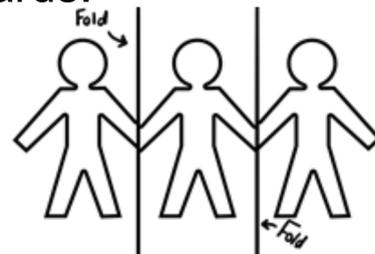


How to make paper chain people:

1. Print / draw your template.



2. Begin to fold your chain backwards and forwards.



3. Cut around your people being careful not to cut between their linked hands.



4. Draw yourself in the middle of the paper chain. Ask yourself who is important to you and draw these people onto your chain.



5. Remind yourself that you can talk to these important people if you are feeling low or sad.