



Week three: Connecting with others

Even though we cannot be with many people in person right now, we can still connect with them and it could be a chance for us to connect with new people or groups, and in different ways. This session will help us think about what we value in the relationships we have and ways to help us maintain these connections and develop new ones.

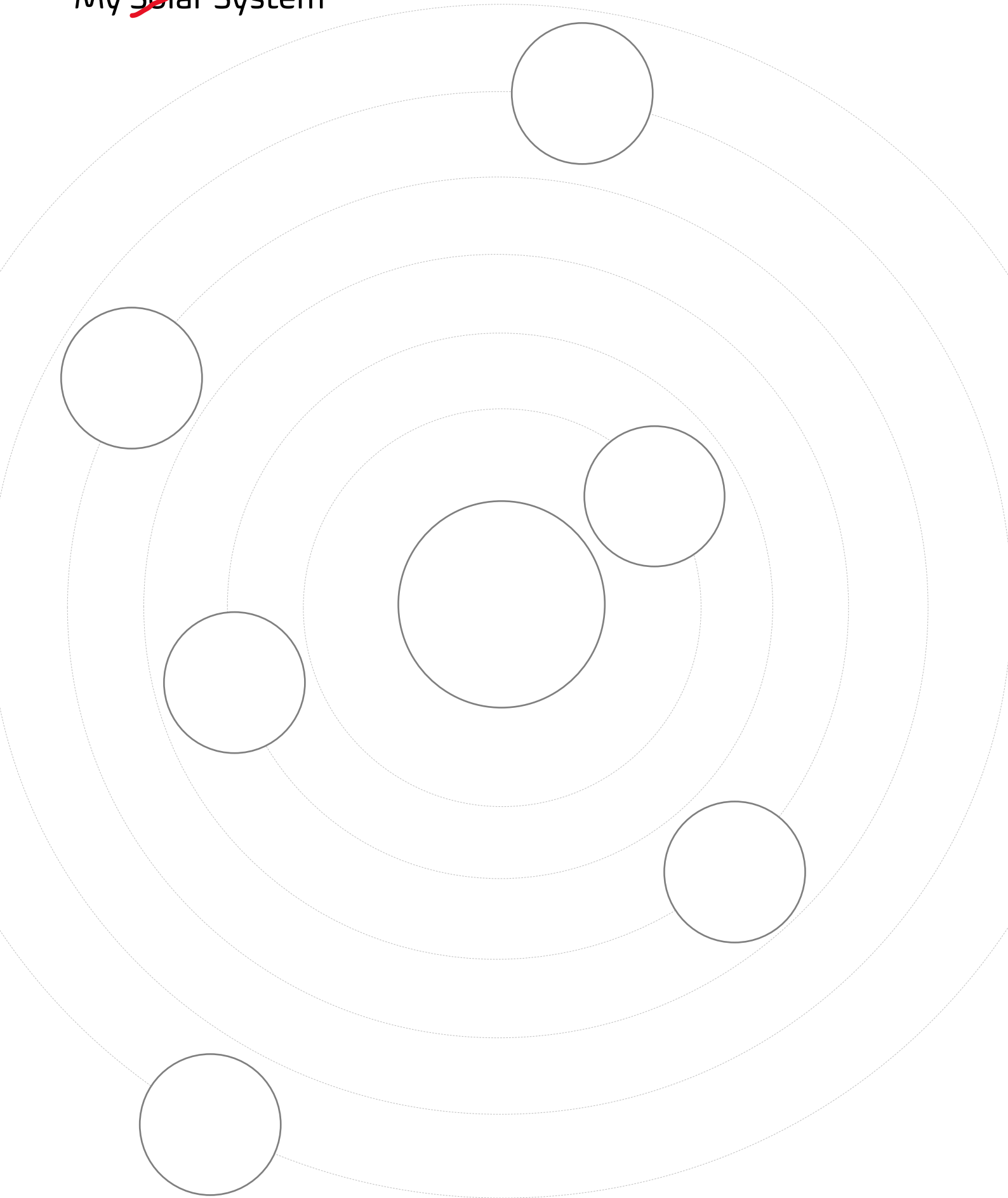
It can also be difficult communicating what we need to other people. Now it is more important than ever to communicate how we are feeling and the help and support we need, so we will think about ways to help us to do this.

Activity

We will create our own social system, using the idea of a solar system. You are the sun in the centre of the system and in each planet around the sun we will think about the qualities you value in your relationships with others.

On the next two pages is a template to help you get started (you can print this out and use it during the session if you want to) and an example of what it can look like.

Social
My ~~Solar~~ System



Example





Attribution-NonCommercial-NoDerivs CC BY-NC-ND

© Copyright 2019, Teesside University and Neuro Key (working title of the Tees Valley, Durham and North Yorkshire Neurological Alliance). Licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 4.0 license, <https://creativecommons.org/licenses/by-nc-nd/4.0/>