

Your Support Tree

The more connected and less alone we feel, the happier we are. When we feel worried or upset we can often forget all those people we have in our lives to support us. Activities like this support tree help to remind us of who we have.

Think about all the people you see as a support to you. This can be friends, family, pets, teachers, neighbours, sports coaches etc. Fill in the names of people who support you. Perhaps you could reach out and contact one of the people in your support tree. Maybe write them a note or call them for a chat.



