



Support Chain

A visual reminder for kids feeling disconnected

Between school closures, activities canceled, and the quarantine in place, many kids are feeling isolated and are unsure how to deal with all the change. The Support Chain activity helps to remind kids to use their coping skills and to connect with people who lift them up.

Items Needed:

Scissors
Strips of paper
Pen or Pencil
Tape



Directions

Write the answers to the questions below on separate strips of paper. Then use the tape to link each strip together.



1. When I feel sad, what makes me feel better is...
2. The person I go to when I need a hug is
3. When I need to laugh I will....
4. When I need to cry I can talk to....
5. If I am angry I will deal with these feelings by..
6. My safe space at home is....
7. If I start to feel lonely I can...

