

Kids Connection Challenge (Ages 5–12)

Play, Create, Connect

Connection doesn't have to be complicated—especially for kids.

Sometimes it looks like drawing a picture, playing a game, or sharing a laugh. These small, everyday moments help children feel safe, supported, and connected to the people around them.

At Pathstone Mental Health, we know that when kids feel connected, they're better able to express themselves, build friendships, and navigate big feelings.

That's why we created this Kids Connection Activity—a collection of simple, fun activities designed to help children explore connection in a way that feels natural and enjoyable.

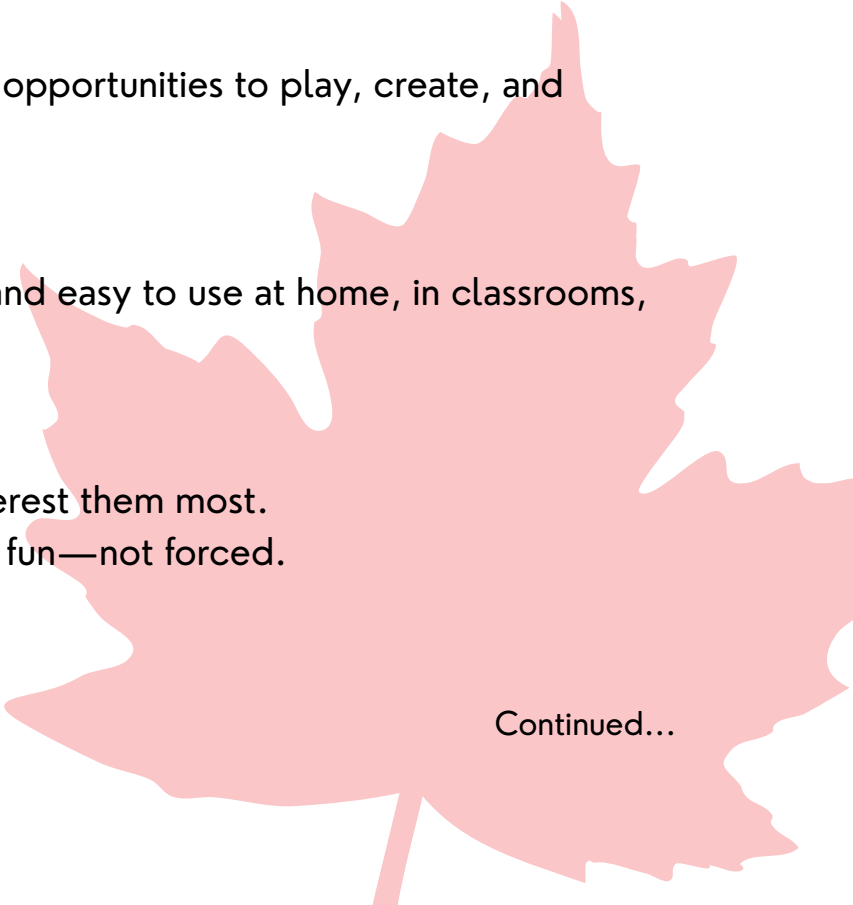
No pressure. No right or wrong. Just opportunities to play, create, and connect.

How to Use This Pack

This pack is designed to be flexible and easy to use at home, in classrooms, or in the community.

Follow the Child's Lead

Let kids choose the activities that interest them most. Connection grows best when it feels fun—not forced.



Continued...

Make It Playful

Encourage creativity:

- Use colours
- Add stickers
- Draw outside the lines

There's no "perfect" way to do any activity.

Join In (If They Want You To)

Some kids will want to do activities together, others independently. Both are great—connection can happen in different ways.

Keep Conversations Light

If a child shares something, listen and respond with curiosity—not pressure. Simple prompts like:

- "Tell me about your drawing"
- "What made you choose that?"

Come Back Anytime

These activities can be used during Children's Mental Health Week—or anytime a child needs a little connection boost.



Continued...

1. Colour Your Connections

A colouring page with:

- Kids holding hands
- Hearts, stars, and connection lines
- Message: "We are better together"

2. My Support Circle

Kids draw:

- Themselves in the middle
- People who help them feel safe and happy

Optional prompt:

"Who can you talk to when you need help?"

3. Connection Bingo (Kid Version)

Simple, fun actions like:

- Say hi to someone new
- Help someone
- Play with a friend
- Give a compliment

4. Feelings + Friends Match Game

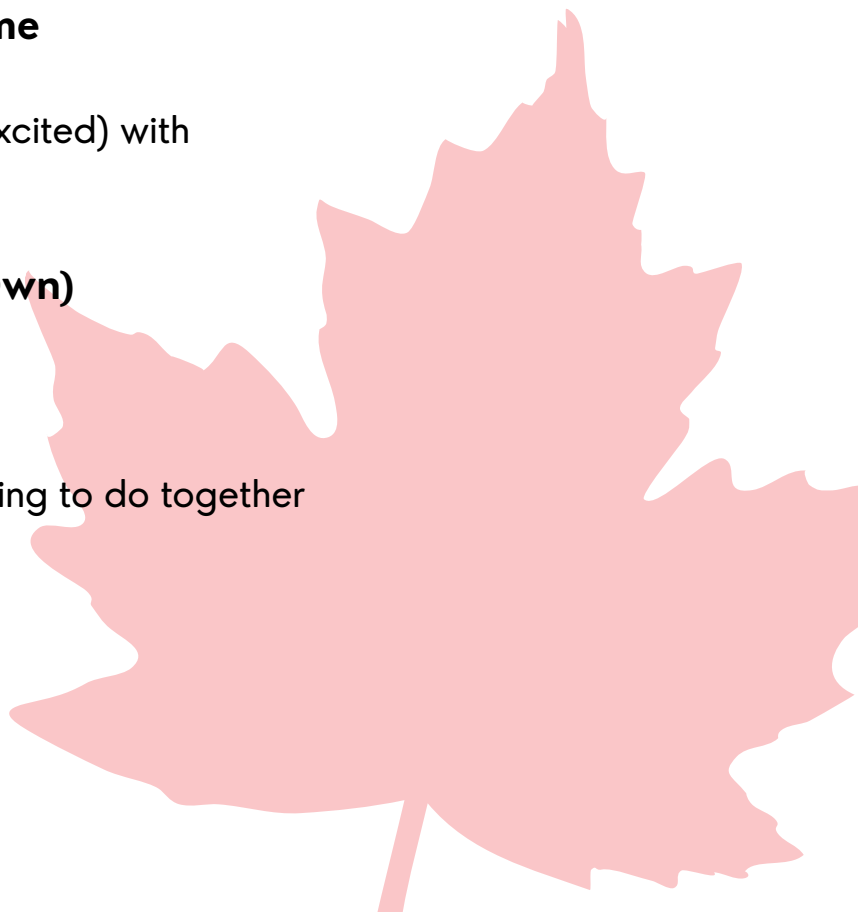
Match:

- Feelings (happy, sad, nervous, excited) with
- Who they might talk to

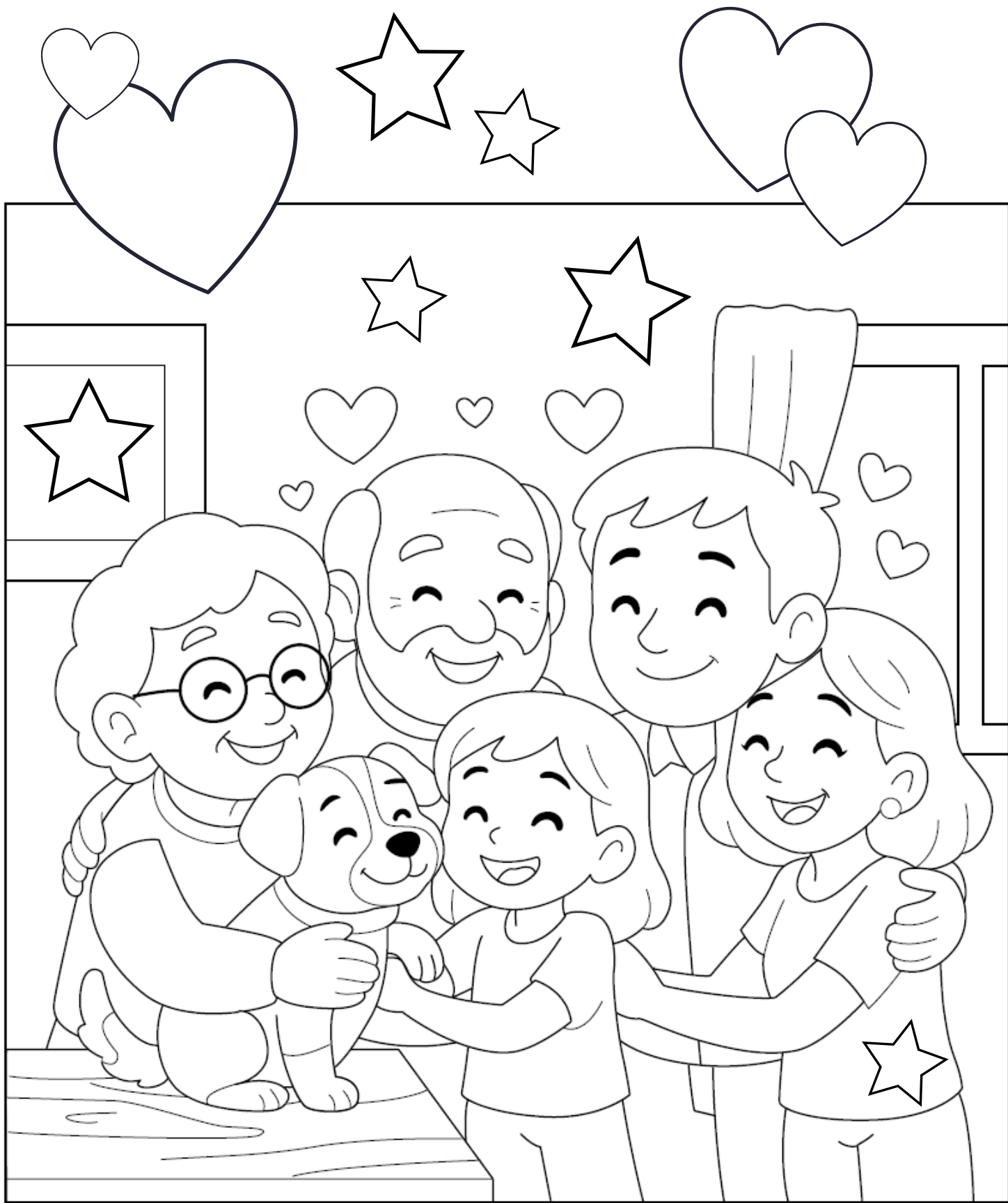
5. Connection Jar (Make Your Own)

Instructions:

- Write or draw connection ideas
- Put them in a jar
- Pick one when you need something to do together



Colour Your Connections



Feelings Match Game

