

Paper Chain People

This paper chain activity can really help your child to see who is there for them. Ask your child to place themselves in the middle of the paper chain and draw those who are important to them on either side.

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

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

Things you will need:

- Paper
- Scissors
- Colouring pens or pencils



How to make paper chain people:

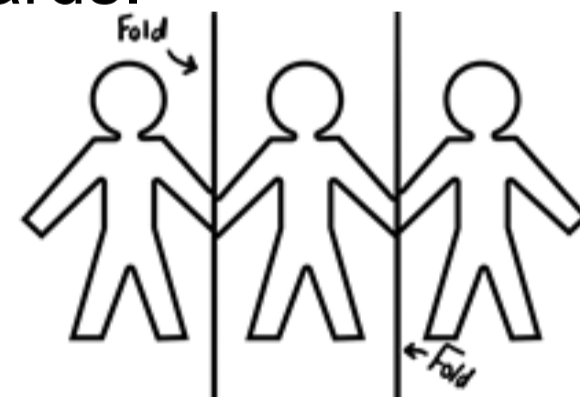
1. Print / draw your template.



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



2. Begin to fold your chain backwards and forwards.



4. Ask your child to draw themselves in the middle of the paper chain. Ask your child who is important to them. Your child can draw these people onto his/her chain.



5. Remind your child that they can talk to these important people if they are feeling low or sad.