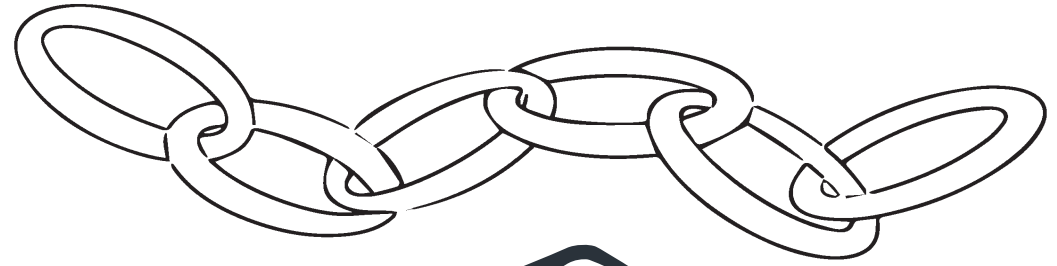


SUPPORT CHAIN

Each link of a chain can help make the whole chain stronger.
This is like your support system. What kind of support do you need?
Who or what can help?

Below are strips of paper (cut on the dotted line) with a prompt on each one that will be one of your chain links. On each link of chain write a person, animal, or activity that gives you support and helps you feel better when you're sad or life feels challenging.



.....

When I need a hug

.....

When I'm sad

.....

When I want to talk

.....

When I need a laugh

.....

When I need to cry

When I'm bored

When I want to play

When I want to relax

When I don't want to think about it

When I'm mad

When I want to remember

When I need a special treat

When I...