

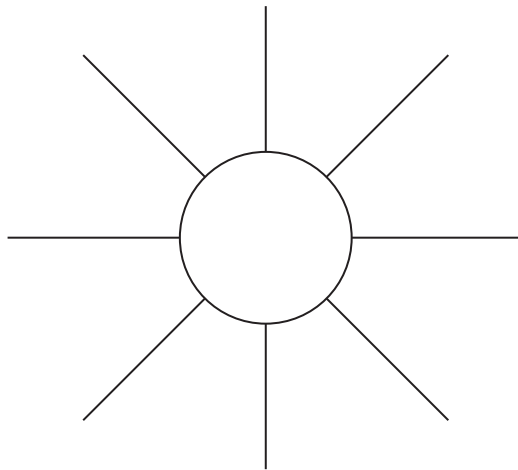
For Children: Social Connections Worksheet



Sometimes after disasters, kids can feel cut off. You may not live near your friends anymore. You may feel different from the other kids around you. Maybe your family doesn't have as much fun time together. This worksheet will help you find ways to feel closer to people.

1. Make a Social Connections Map

Write your name in the center of the circle, and then write in the names of people, pets, professionals, or groups that are part of your network. Add more lines if you need to.



2. Review Social Connections Map

Whom can you talk with about your feelings?	_____
Who can give you advice or help with problems?	_____
Whom do you want to play with?	_____
Who can help you with things such as chores or homework?	_____
Who do you want to help you feel better?	_____

