# For Children: Social Connections Worksheet

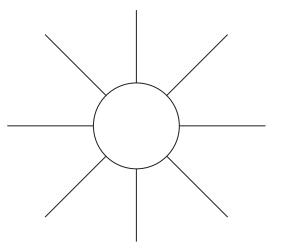
Sometimes after disasters, kids can feel cut off. You may not live near your friends anymore. You may feel different from the other kids around you. Maybe your family doesn't have as much fun time together. This worksheet will help you find ways to feel closer to people.

National Center for

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# 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

Is there anything that you wish you could change about your social map?

### 3. Make a Social Support Plan

Now come up with a plan for what you will do and when you will do it. Keep in mind that you might need an adult's help for some of these things (such as driving you somewhere).

#### Put it into action!

Don't worry too much if it feels funny at first. It's okay if it doesn't go as smoothly as you thought.