



Support Chain

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

Cut along the dotted lines below to make strips of paper, each of which has a prompt. Write the name of a person or an activity that gives you support when things feel challenging. Join the strips to form a chain. (Remember to print on separate sheets!)

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When I need a hug

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When I'm sad

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When I want to talk

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When I need a laugh

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When I need to cry

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When I'm bored

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When I want to play

.....
When I want to relax

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When I don't want to think about it

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When I'm mad

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When I want to remember

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When I need a special treat

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When I...