

# High Five Friday

## Connect Activity

### Be Supported

We can think about the people at home, school and in the community who are there to support and help us in our "High Five Huddle".

Can you think of some ways we can show support or to help the other important people in our life?

Here are some examples...

Listen - give them your time

Ask them how they are feeling and if they are okay

Help them to problem solve - work through the problem together

Do something fun - laugh, share and create some 'happy thoughts'