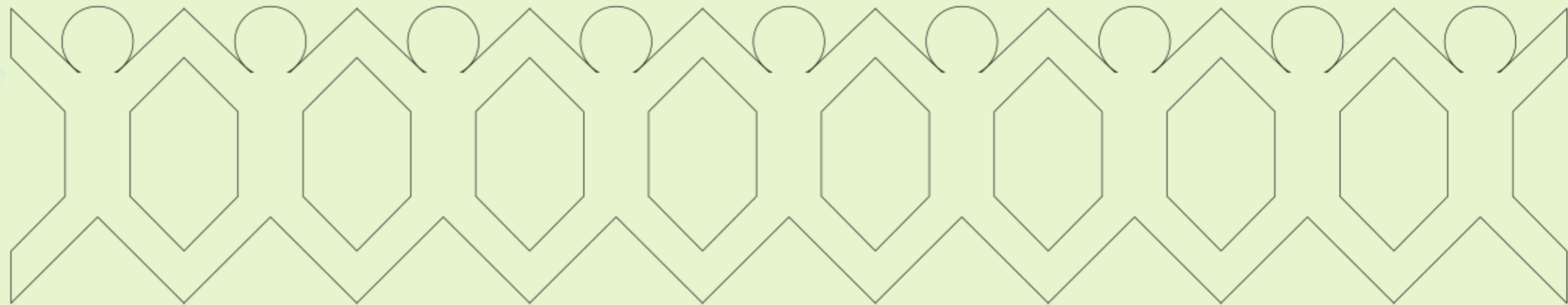


# MY PAPERCHAIN PEOPLE

Exploring and working out who are the important people in your life can make you feel safe and cared for when life feels very uncertain.

Understanding who you care for and who cares for you means you can think about building a paperchain circle of people special to you.



**People who might be in your circle: Grandparents, Sisters, Brothers, Aunts, Uncles, Cousins, School friends, Teachers, Family friends, Friend's parents, Friend's from clubs (Scouts/Brownies, singing, music, football, swimming, karate), Club leaders.**

**Label each person and cut out the paperchain to remind you who is there for you when you need it. Remember to include you in the middle.**