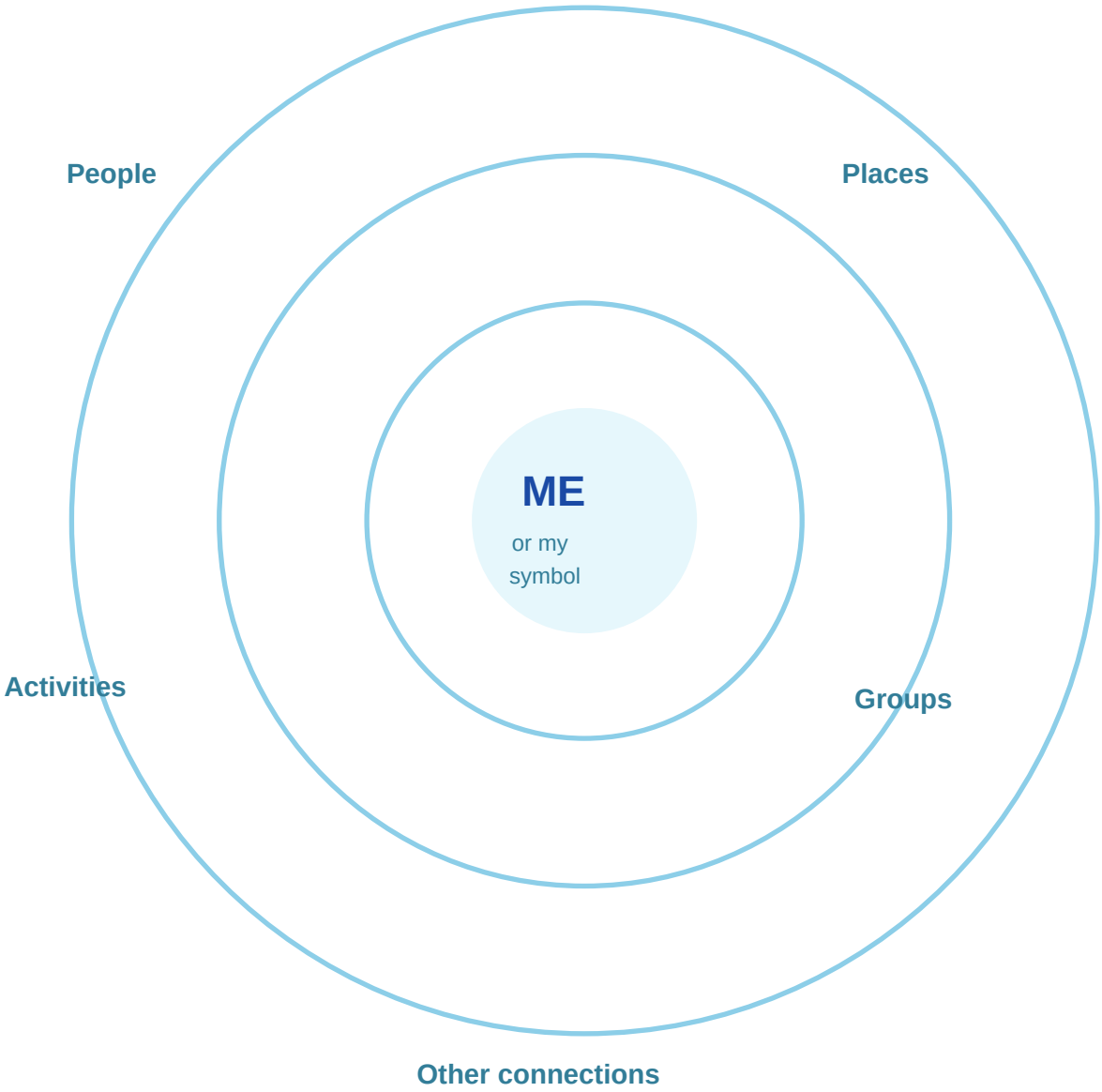
My Circle of Connections

People, places and activities that help me feel connected.

Connections can look different for everyone. Think about people, places, activities, pets or communities that are meaningful to you.
Write, draw or use symbols in the circles. Leave any spaces blank if you prefer.



My connections are personal to me. I choose what I share.

Reflect & Connect

1. Who or what helps me feel welcome?

2. Where do I enjoy spending time?

3. What is one activity I enjoy sharing with others?

4. What is one small way I could connect this week?

Remember

Connection can mean talking, listening, creating, sharing space or simply being present.

You do not need a large circle of people to belong.

You can choose how and when to connect.

Create. Connect. Belong. Your way.