

Holiday Connection Reflection

Connection should include choice, capacity, and recovery.

School holidays can bring relief, recovery, loneliness, pressure, or uncertainty.
This tool helps children and teens think about what helps connection feel safer and more manageable.

What helps me feel more like myself during holidays?

- | | |
|--|---|
| ☐ Quiet time | ☐ Familiar people |
| ☐ No rushed plans | ☐ Predictable routines |
| ☐ Time alone | ☐ Favourite activities |
| ☐ Slower mornings | ☐ Staying home sometimes |

Something I enjoy during holidays:

Who do I want to connect with?

- | | |
|---|--|
| ☐ A friend | ☐ Cousins |
| ☐ Family friend | ☐ Trusted adult |
| ☐ Someone from an activity | ☐ Online friend |
| ☐ No one right now | ☐ I am not sure yet |

Someone I might like to stay connected with:

Who is available to support me?

- | | |
|--|---|
| ☐ Parent / carer | ☐ Grandparent |
| ☐ Cousin | ☐ Sibling |
| ☐ Family friend | ☐ Trusted adult |
| ☐ Coach / activity leader | ☐ Support worker / therapist |

If I feel lonely, overwhelmed, or unsure, I can contact:

Planning Connection Without Pressure

Small choices can help holidays feel more steady.

When do I need downtime?

- | | |
|---|--|
| ☐ After social plans | ☐ After busy family days |
| ☐ After outings | ☐ Before going back to school |
| ☐ When routines change | ☐ When I feel overwhelmed |
| ☐ After visitors | ☐ After noisy places |

Downtime helps me feel:

What activities do I want or need to keep attending?

- | | |
|---|--|
| ☐ Sport | ☐ Therapy |
| ☐ Swimming | ☐ Drama / music |
| ☐ Tutoring | ☐ Youth group |
| ☐ Regular family routine | ☐ Nothing regular right now |

One activity I want to keep if possible:

What feels manageable right now?

- | | |
|---|---|
| ☐ A short catch up | ☐ A text or message first |
| ☐ A familiar place | ☐ One-on-one time |
| ☐ A quiet activity | ☐ Time-limited plans |
| ☐ Staying home | ☐ Nothing social right now |

One thing I wish adults understood about holidays:

Connection feels safer when children have choice, downtime, and predictable ways to belong.