

Activity Sheet - 3F: USING THE POWER OF PULL TO RECONNECT

Name _____ Date _____

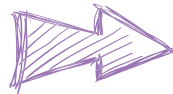
When you feel lonely, take a Breath Brake to stop the negative feelings and thoughts. Then use positivity (your strengths) and the Power of Pull.

What are your favorite activities?



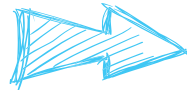
Choose one of these activities and ask someone to join you.

What activity, game, or sport would you like to learn?



Look for someone who knows and ask that person to teach you.

What skills do you have?



Offers to help someone who needs your skills.

What are the best qualities about you?



Show people your best qualities with words and actions.