



CONNECT NOW

PRESENCE, PRACTISED TOGETHER

CONNECTION CARDS

Three ages. Three voices. One purpose.

Self-explanatory activities. Clear ways to begin.
Every card ends with a visible moment of completion.

ANIMAL HEROES

Ages 10-12

Try it together. Colour it. Celebrate it.

EVERYDAY HEROES

Ages 13-15

Clear challenges. Useful words. Collectible badges.

REAL CONNECTION

Ages 16-18

Honest moves. Optional prompts. Real follow-through.

Original line-art concepts; final illustration pass to be completed by a human artist.

Pick it up. Understand it. Do it together.

The sequence stays consistent. The language changes so every age group feels spoken to, not spoken down to.

01

PICK

Choose, swap or pass -
no explanation needed

02

ACT

One clear thing to do,
including who and how

03

WORDS

A sentence to use when
starting feels hard

04

FINISH

A visible sign that the
activity is complete

05

KEEP

Colour, customise,
collect or take it forward

MAKE IT YOURS

Ages 10-12 colour or draw their hero. Ages 13-15 customise a comic-style badge. Ages 16-18 may colour, doodle or keep the design clean.

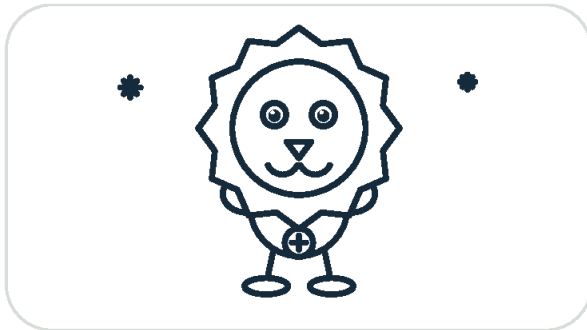
CHOICE AND SAFETY

Choose, swap or pass - no explanation needed. Start light and pair first. Private stays private unless someone may be unsafe.

COURAGE



COLOUR YOUR HERO - OR DRAW YOUR OWN



THE BRAVE LION

"I can speak even when I feel nervous."

WE DID IT TOGETHER!



I tried courage.

My name

Completed with

Date

Colour it. Add your sticker. Take it home.

THE BRAVE LION

COURAGE

1

TRY IT TOGETHER

Say hello to someone new, answer one question, or invite someone to join you.

2

NEED SOME WORDS?

"Would you like to join us?"

3

YOU DID IT WHEN...

You used your brave voice once.

4

CELEBRATE IT!

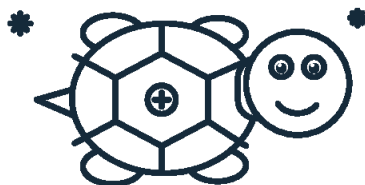
Colour or draw your hero, add your sticker, write both names and take the card home.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

CALMNESS



COLOUR YOUR HERO - OR DRAW YOUR OWN



THE CALM TURTLE

"I can slow down before I respond."

WE DID IT TOGETHER!



I tried calmness.

My name

Completed with

Date

Colour it. Add your sticker. Take it home.

THE CALM TURTLE

CALMNESS

1

TRY IT TOGETHER

Stand or sit beside someone. Put both feet on the floor and take three slow breaths together.

2

NEED SOME WORDS?

"Let's take three slow breaths together."

3

YOU DID IT WHEN...

You both finished three slow breaths and noticed one sound.

4

CELEBRATE IT!

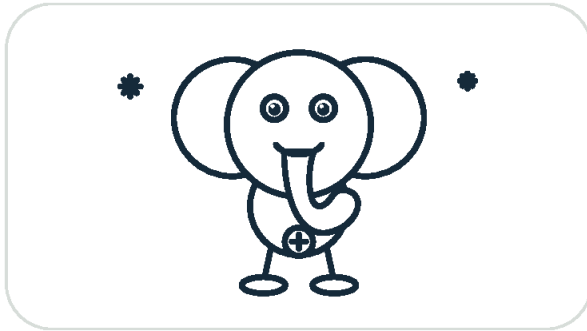
Colour or draw your hero, add your sticker, write both names and take the card home.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

LISTENING



COLOUR YOUR HERO - OR DRAW YOUR OWN



THE LISTENING ELEPHANT

"I can listen with my whole attention."

WE DID IT TOGETHER!



I tried listening.

My name _____

Completed with _____

Date _____

Colour it. Add your sticker. Take it home.

THE LISTENING ELEPHANT

LISTENING

1

TRY IT TOGETHER

Ask someone about the best part of their week. Listen until they finish, then tell them one thing you heard.

2

NEED SOME WORDS?

"What made you smile this week?"

3

YOU DID IT WHEN...

They finished speaking and you repeated one thing you heard.

4

CELEBRATE IT!

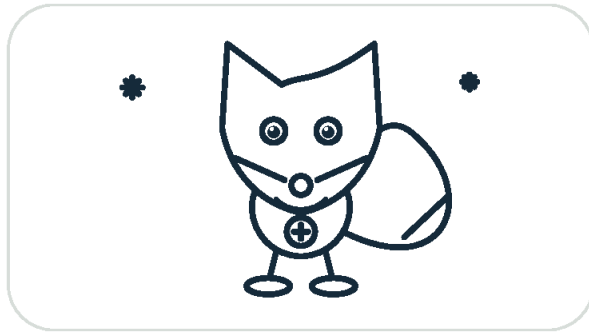
Colour or draw your hero, add your sticker, write both names and take the card home.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

CURIOSITY



COLOUR YOUR HERO - OR DRAW YOUR OWN



THE CURIOUS FOX

"I can discover more by asking."

WE DID IT TOGETHER!



I tried curiosity.

My name _____

Completed with _____

Date _____

Colour it. Add your sticker. Take it home.

THE CURIOUS FOX

CURIOSITY

1

TRY IT TOGETHER

Ask someone a question that starts with what, how or why.
Then ask one more question about their answer.

2

NEED SOME WORDS?

"What is something you would love to learn?"

3

YOU DID IT WHEN...

You asked two questions and listened to both answers.

4

CELEBRATE IT!

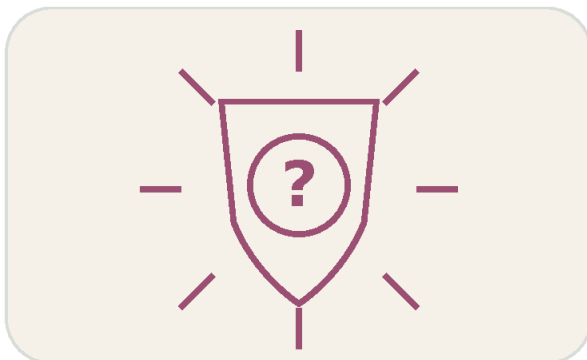
Colour or draw your hero, add your sticker, write both names
and take the card home.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

EMPATHY



DESIGN YOUR HERO BADGE

**PERSPECTIVE CHECK**

"Stay curious before deciding what someone meant."

CHALLENGE COMPLETE**Badge unlocked**

My initials

Partner initials

Date

PERSPECTIVE CHECK

EMPATHY

1

YOUR CHALLENGE

A friend reads your message but does not reply all day. With a partner, find two different explanations for what may have happened.

2

TRY SAYING

"What else could this mean?"

3

CHALLENGE COMPLETE

You found two possible explanations without deciding which one is true.

4

UNLOCK YOUR BADGE

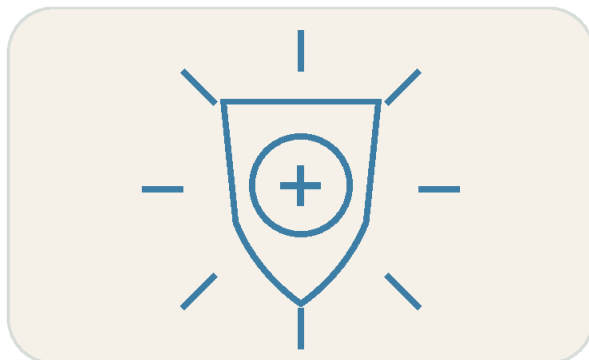
Customise your hero badge, add your sticker and write both sets of initials.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

INCLUSION



DESIGN YOUR HERO BADGE

**BRING SOMEONE IN**

"A small invitation can change the whole room."

CHALLENGE COMPLETE



Badge unlocked

My initials

Partner initials

Date

BRING SOMEONE IN

INCLUSION

1

YOUR CHALLENGE

Find someone who is on their own or has not spoken. Invite them to join you and stay with them for two minutes.

2

TRY SAYING

"Would you like to join us?"

3

CHALLENGE COMPLETE

You included one person and gave them space to speak.

4

UNLOCK YOUR BADGE

Customise your hero badge, add your sticker and write both sets of initials.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

HONEST EXPRESSION



DESIGN YOUR HERO BADGE



SAY IT CLEARLY

"Clear is kinder than making people guess."

CHALLENGE COMPLETE



Badge unlocked

My initials

Partner initials

Date

SAY IT CLEARLY

HONEST EXPRESSION

1

YOUR CHALLENGE

Pair up and choose a small made-up situation. Say how it affected you and what you need, without blaming the other person.

2

TRY SAYING

"When that happened, I felt... What I need now is..."

3

CHALLENGE COMPLETE

You said one feeling and one need calmly.

4

UNLOCK YOUR BADGE

Customise your hero badge, add your sticker and write both sets of initials.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

HEALTHY BOUNDARIES



DESIGN YOUR HERO BADGE

**HOLD YOUR LINE**

"A respectful no is still a complete answer."

CHALLENGE COMPLETE



Badge unlocked

My initials

Partner initials

Date

HOLD YOUR LINE

HEALTHY BOUNDARIES

1 YOUR CHALLENGE

Pair up. One person suggests something harmless the other does not want to do. Practise giving a clear, respectful no. Then swap.

2 TRY SAYING

"No, thank you. I'm not comfortable with that."

3 CHALLENGE COMPLETE

Both of you said no once without over-explaining.

4 UNLOCK YOUR BADGE

Customise your hero badge, add your sticker and write both sets of initials.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

CONFLICT REPAIR

R

CLEAR THE AIR

"Avoiding it usually makes it heavier."



CLEAR THE AIR

CONFLICT REPAIR

1

YOUR MOVE

Choose a real or fictional small misunderstanding. Take turns practising how to reopen the conversation.

2

A WAY TO START

"I think we may have misunderstood each other. Can we start again?"

3

YOU'RE DONE WHEN...

Both people spoke and each summarised what they heard.

4

TAKE IT FORWARD

Use the same opener when something feels unclear this week.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

APPRECIATION



SAY WHAT MATTERED

"Specific appreciation lands differently."



SAY WHAT MATTERED

APPRECIATION

1

YOUR MOVE

Choose someone here and tell them one specific thing you appreciate about something they did.

2

A WAY TO START

"I appreciated it when you... because..."

3

YOU'RE DONE WHEN...

They know exactly what they did and why it mattered.

4

TAKE IT FORWARD

Thank one person this week for something they may not realise mattered.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

REACHING OUT



MAKE THE FIRST MOVE

"Connection often begins with one uncomfortable moment."



MAKE THE FIRST MOVE

REACHING OUT

1 YOUR MOVE

Choose someone you have drifted from. Write a short message in your own words. You decide whether to send it now.

2 A WAY TO START

"Hey, I've been thinking about you. How are you?"

3 YOU'RE DONE WHEN...

Your message sounds like you and is ready to send.

4 TAKE IT FORWARD

Send it when you are ready, or start the conversation in person.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.

BELONGING

U

DROP THE PERFORMANCE

"I do not have to perform to deserve connection."



DROP THE PERFORMANCE

BELONGING

1

YOUR MOVE

Think of one person or place where you can be yourself. Share it only if you want to, or write it privately.

2

A WAY TO START

"I feel most like myself when..."

3

YOU'RE DONE WHEN...

You named one person or place and one small way to spend more time there.

4

TAKE IT FORWARD

Choose one moment this week when you do not have to perform.

CHOOSE IT. SWAP IT. PASS IT. NO EXPLANATION NEEDED.