

Activity sheet

Being connected

Being Connected is a Premier League value. It influences the way we think, communicate and behave with each other and the world around us.

It's important to stay in touch with friends, family members and neighbours when we can, particularly if they are older or isolated. That is because staying connected can help them feel less lonely and worried, helps positive wellbeing and can give them a chance to share their experiences, thoughts and ideas through communication and activity.

Let's think about **why** communication is important. Write your own examples from your experiences in the footballs below. Ask a parent/carer for help if you need it.

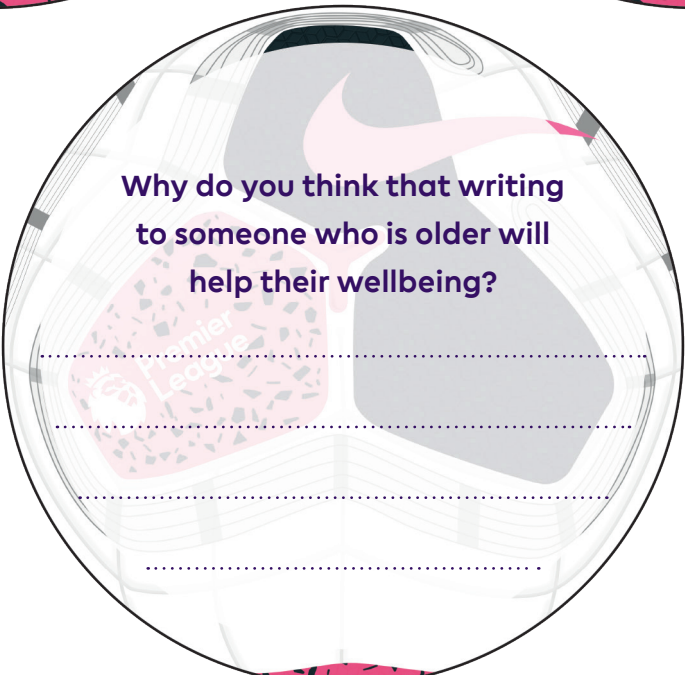


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**When did you last share
some news with an older person
e.g. phoning them about your
football match?**



**The last time one of my friends
or family contacted me to tell
me something nice, I felt...**



**Why do you think that writing
to someone who is older will
help their wellbeing?**