

ACTIVITY 2

Reconnecting with old friends

This activity explores broken connections and the impact these can have on our mental health. As students look ahead to leaving school, this activity can help students consider how their relationships could change over time.

NB: Be particularly aware of care-experienced students, adopted students and those in kinship care during this activity, and students who may have limited contact with parents or other family members.

- Discuss with the group how it's natural in life to lose touch with people we were formerly close to. Discuss the reasons for this (e.g. going to different schools, moving house, developing different interests, becoming busy with studies and hobbies etc.).
- Discuss the impact of the pandemic, lockdown and school closures on students' ability to connect with friends and other important people in their lives.
- How do they feel when they think about re-connecting with people they have fallen out of touch with? What stops them from re-connecting?
- [Discuss the findings from this research](#)  that indicates that we underestimate how much others appreciate it when we reach out and re-connect with them.
- Did anything surprise them or interest them? Might they consider reaching out to an old friend or a family member they have had little contact with recently? How will they do this? What method would be best? What might the impact be – on them, their old friend?
- Ask students to write a letter or email, or draft a script for a phone call, to reconnect with someone. This could be someone they've disconnected with because they've fallen out or lost contact, or someone who has passed away.
- Make sure you discuss managing their own expectations, for example, if they don't hear back.



This activity is designed for 14-18 year olds, but could be used with other age groups too.

