

# C.O.N.N.E.C.T.I.O.N.S

This has been a very challenging time for children & young people. We want to invite you take part in our challenge to encourage you to think about what this experience has been like to live through and to promote CONNECTIONS at a time when these are harder to maintain than ever.



**For children & young people aged 6-18...**

**Please type your answers in the boxes on page 4, and email the form back to [tom@aware-ni.org](mailto:tom@aware-ni.org).  
Chance to win £20 Amazon vouchers!**

**Responses will be anonymous and used for the purpose of reporting on young people's experiences of life during Covid-19.**

# Tell us a bit about you...

(Type in the boxes)

**Name**



**Age**



**Parental  
Consent?**

**(If under 16)**



**Read the questions on the next page  
and type your answers on page 4!**

**C**ommunity

Find out who has been helping in your local community. Tell us a little bit about them.

**O**utdoors

Be active outdoors! What have you been doing to stay active and enjoy nature?

**N**eeds

How much do you know about taking care of your well-being? Find out what you can from [aware-ni.org/covid-19-support](http://aware-ni.org/covid-19-support).

**N**.H.S

What are people doing to give their support to the N.H.S?

**E**ssential

What changes have happened in your life because of Coronavirus?

**C**onnect

Check in with friends and family. Call, text, message, and connect through social media. Tell us who you have been connecting with

**T**ake Notice

Take time out each day to relax and take notice of the world around you, what do you take notice of while going for a walk?

**I**nspiration

Who has inspired you by their actions or roles through this period?

**O**ppportunity

Keep Learning! What have you learned to do or got better at during this experience?

**N**ext...

When this is over, what are you most looking forward to?

**S**tory

We are living through a historical event. How would you explain to children in the future what this was like?

Please submit your answers in 20 words or less!

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