

## PSHE: Connecting with others



**LI: Learning the five steps to wellbeing and connecting with others.**

Watch this video:

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-dan-connect-with-others/z4mgcqt>

In the video clip → Clinical psychologist Dr Hazel Harrison and magician Dan explore why it is important for us to connect with other people.

**After watching the video clip, answer these questions below.**

Talk to someone about the 'five-a-day' for your brain.

1. How do you get your five-a-day?
2. Discuss the different ways that you connect with others. Do you wish you could connect with more people?
3. Come up with four topics of conversation that you could use to connect with others.