**#WellbeingWednesday – Your Support Network**

1. Draw around your hand
2. In the fingers identify people in your support network who can help your outside of home, for example: extended family, friends, teachers, sports coaches etc.
3. In your thumb write down people at home who can support you
4. Write in the palm of your hand can you write down something that cannot talk back in the palm of your hand
5. And in the wrist section write down a person or service that can help you in an emergency