



**COME
TOGETHER,
CANADA.**

**Stronger connections,
better mental health.**



CONNECTION IN THE CLASSROOM

SUPPORTING CONNECTION IN THE CLASSROOM

Loneliness and social isolation can affect students' mental health, confidence, and sense of belonging.

Connection helps young people feel:

- supported
- accepted
- understood
- valued

Classrooms can strengthen connection in many ways:

Encourage social skills

Help students practice listening, empathy, and conflict resolution.

Create opportunities for collaboration

Use activities that allow students to work together and learn about each other.

Build inclusive environments

Make space for different perspectives, backgrounds, and identities.

Notice small moments

Simple actions like greeting students, encouraging participation, or recognizing effort can help students feel connected.

Check out our [Mental Health Week Discussion Guide](#) and [Connection Activities](#) for ideas on how to deepen connection into your classroom.

