SOCIAL AND CONNECTION





Being social is about belonging, connection and feeling accepted for who you truly are. We all need people.

Friendships, teams, families and communities help us feel supported, understood and less alone. When we build strong connections, we grow in confidence and feel more secure in ourselves.

WHY IT MATTERS





Humans are wired for connection.

When we feel part of something, life feels lighter. We laugh more, cope better and feel more confident being ourselves. Without connection, we can feel isolated — even when surrounded by others.

Belonging strengthens wellbeing.

TOMO THE LOYAL DOG

Tomo reminds us to be true to who we are.
Real connection doesn’t come from trying to fit in — it comes from being authentic. Loyalty means standing by the people you care about, supporting them and treating them with respect.
It also means:
Not criticising others
Being someone people can trust
Showing up when it matters
Being kind even when it’s not easy
Loyalty goes both ways. When we give it, we often receive it back.





KAIA THE TEAM WOLF



Kaia represents the power of being part of a team. Wolves are strongest together. They support each other, protect each other and move forward as one. Team spirit builds confidence, motivation and a sense of belonging.

Being part of something bigger than yourself can feel powerful — like you're not carrying everything alone.





TOGETHER



Together, Tomo and Kaia show us that connection is built on trust and teamwork.
Authenticity creates real friendships.
Team spirit creates shared strength.
When we support each other and stay true to ourselves, relationships become deeper and more meaningful.

WHAT IT MEANS



Social connection is more than just being around people.

It’s about:

Feeling accepted

Supporting others

Being included and including others

Building trust

Communicating honestly

Sharing experiences

Working together

These connections shape confidence, resilience and identity.

BELONGING & AUTHENTICITY

You don’t have to change who you are to belong. Real belonging happens when you’re accepted as yourself.. When people feel safe to be authentic, friendships grow stronger and teams become more powerful.
Being yourself attracts the right people





TEAM SPIRIT





Teams don’t just exist in sport.
They exist in:
Friendships, Families, School groups,
Communities, Creative projects
Working together builds confidence,
cooperation and shared purpose.



PUT SOCIAL & CONNECTION INTO ACTION

You could:

Join a team, club or group and commit to it.

Organise something social that brings people together.

Support someone who feels left out or lonely.

Work as part of a group on a shared goal or project.

Practise being your authentic self instead of trying to fit in.

Build a new friendship and invest time in it.

Show loyalty — stand by someone when it matters.

Help resolve a disagreement respectfully.

Take part in a community activity or event.

Document how teamwork helped you achieve something.





HOW TO DO THIS?









You might show this by:
Creating a reflection journal
Capturing moments of teamwork
Writing about how you supported someone
Tracking how being part of a group changed your confidence



Connection is built through action.
When you show loyalty, teamwork and authenticity in real life, relationships grow stronger — and so do you.

