

# CONNECTION NOTES, LESSON 9

## Check In



List your connection team members:

Check in as a group with these questions:

- How many challenges did you complete?
- What relationships are stronger now than at the beginning of the year?
- What relationships are you still working on?

Review your letter from the beginning of the year and reflect.

## Video Notes



Build your empathy as you watch and discuss:

- What do you think the story teller is feeling and how others in their life might react.
- If it was you, what help might you need?
- What would you want from your circle?
- How might you get that help?
- What can you take from this story that will help you build connections?

Engage in group/class discussion.

## Connect to Self



There are many ways to check in with yourself, consider these types of questions to get you started:

- What emotions are you feeling?
- Are you feeling lonely in any part of your life?
- Is there something you need to talk to someone about that is sticking with you?
- Have you had a chance to exercise, reflect, and breathe today?
- How does your body feel?
- What thoughts are with you all the time?
- What brings you joy today?
- What are you worried about?

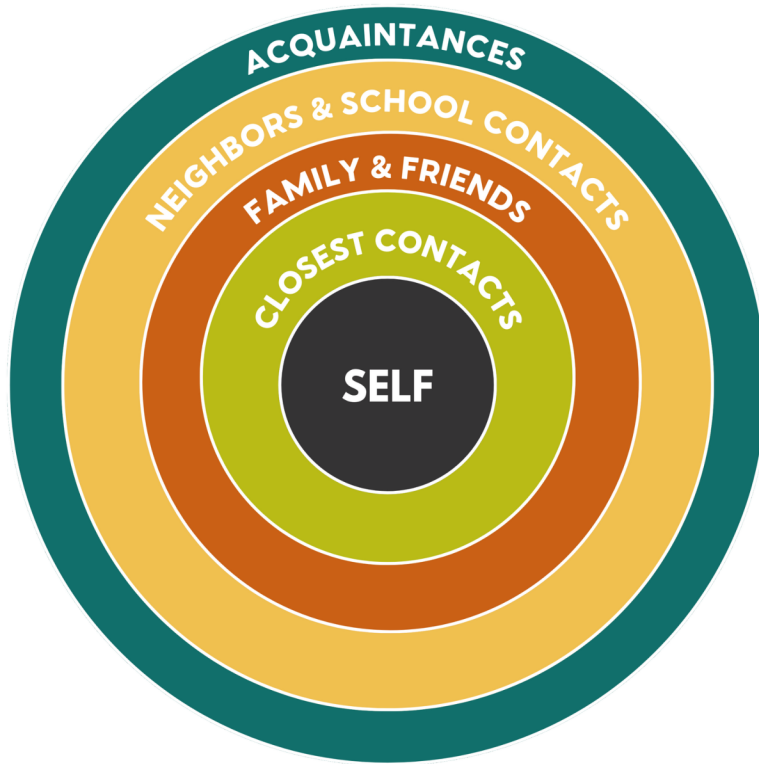
## Connect to Circle



By doing this lesson's Connection Challenge you have an opportunity to check in with someone in your circle, use this space to plan that check in.

- How are you going to complete this lesson's connection challenge?
- Which relationship in your circle will you be working on?
- Who in your circle needs a check in?
- What do you need from someone in your circle?
- How did checking in help you feel?

# CIRCLES OF CONNECTION REFLECTION



	Rate the relationships you have in this circle.	List next steps you will take with these relationships.
<b>Closest Contacts</b>		
<b>Family &amp; Friends</b>		
<b>Neighbors &amp; School Contacts</b>		
<b>Acquaintances</b>		