

CONNECTION NOTES: LESSON 2-8

Check In



List your connection team members:

Check in as a group with these questions:

- Did you complete the last lesson's challenge?
- How did it make you feel?
- What relationship are you working on building?
- Who can you reach out to for help if you need it?

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?