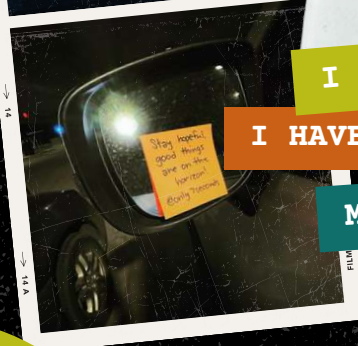


CONNECTION CURRICULUM



I AM NOT ALONE.































I HAVE PEOPLE IN MY CORNER.

MY STORY MATTERS.



You are amazing!
ALWAYS remember
that.

THIS BELONGS TO:

 LESSON 01	_____	pg 1	 LESSON 16	_____	pg 19
 LESSON 02	_____	pg 3	 LESSON 17	_____	pg 20
 LESSON 03	_____	pg 6	 LESSON 18	_____	pg 21
 LESSON 04	_____	pg 7	 LESSON 19	_____	pg 22
 LESSON 05	_____	pg 8	 LESSON 20	_____	pg 23
 LESSON 06	_____	pg 9	 LESSON 21	_____	pg 24
 LESSON 07	_____	pg 10	 LESSON 22	_____	pg 25
 LESSON 08	_____	pg 11	 LESSON 23	_____	pg 26
 LESSON 09	_____	pg 12	 LESSON 24	_____	pg 27
 LESSON 10	_____	pg 13	 LESSON 25	_____	pg 28
 LESSON 11	_____	pg 14	 LESSON 26	_____	pg 29
 LESSON 12	_____	pg 15	 LESSON 27	_____	pg 30
 LESSON 13	_____	pg 16	 LESSON 28	_____	pg 31
 LESSON 14	_____	pg 17	 LESSON 29	_____	pg 32
 LESSON 15	_____	pg 18	 LESSON 30	_____	back pg

NEXT TAKE THE SURVEY!

LONELINESS ASSESSMENT

SURVEY HERE



ACCESS FREE RESOURCES

THROUGH OUR STUDENT HUB

STUDENT HUB



HI! WE'RE GLAD YOU'RE HERE!

ONLY **7** SECONDS*

Welcome to the Only7Seconds' Connection Curriculum! We are working to create a world without loneliness and we do that by inspiring you to make intentional, meaningful connections with the people you care about.

Before we get started, here's what you need to know:

- You aren't alone in feeling alone. Feeling lonely is normal. Just like feeling thirsty means you need a glass of water, feeling lonely is a sign that you need to connect or reconnect on a meaningful level.
- Building connection takes intention! Thinking about and reaching out to the people you care about is vital. Relationships change over time, and it is through intentional connection that you get to decide which relationships to focus on to get what you need!
- You get to decide what you need in a connection to make it meaningful. By looking at what you believe, what you like, and where you are in your life, you get to choose what you are looking for from other people.

WHEN WAS THE LAST
TIME YOU FELT LONELY?

Throughout the year, there are 3 types of lessons:



YOUR STORY MATTERS

Connect with yourself to learn what you want and need from relationships.



EMPATHY MATTERS

Build empathy skills for other people's stories through our storyteller videos. You'll reach out to someone you are thinking about in that moment.



CONNECTION MATTERS

Engage with connection challenges to reach out to someone in your circles of connection.



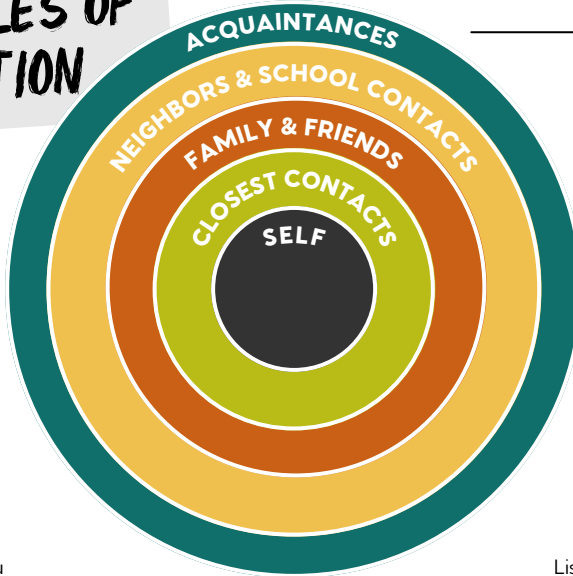
1

Here are some of the people who you'll hear stories from!

MY CIRCLES OF CONNECTION

Date: _____

LESSON 01



List people that you count in this group

List people you would like to add to this group

CLOSEST CONTACTS

--	--

FAMILY & FRIENDS

--	--

NEIGHBORS & SCHOOL CONTACTS

--	--

ACQUAINTANCES

--	--



WHERE DO YOU FALL BETWEEN THESE?

- Introvert Extrovert
- Athlete Bookworm
- Quiet Loud
- Involved Private
- Emotional Stoic
- Calm Reactive
- Spontaneous Methodical

When I take this all together, I think of myself as _____

Choose 3 characteristics from above! _____ . I feel a lot of things, and often I like to

_____ as a way to make myself feel _____ .

I really don't like it when I feel _____ . I try to avoid

feeling that way by _____ . What I need from my closest

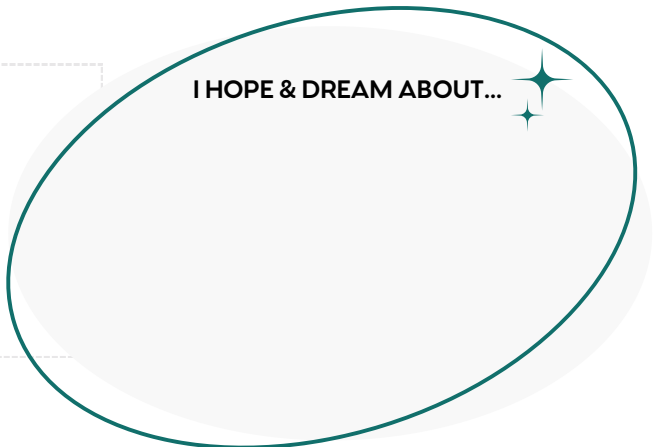
people is _____ .

MY FAVORITE THINGS:

-
-
-



I HOPE & DREAM ABOUT...



I feel most connected when... _____

I'm working on: _____

I'd like if people knew.... _____

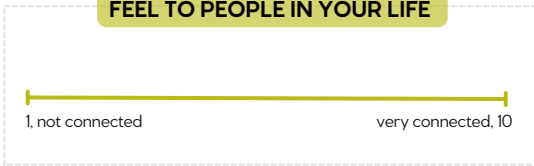
When I'm stressed, I need... _____

When I'm sad, I need.... _____

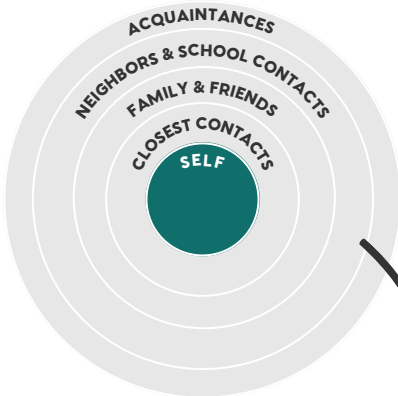
When I'm happy, I like to: _____

You'll know I'm on the right track when... _____

MARK HOW CONNECTED YOU FEEL TO PEOPLE IN YOUR LIFE



MY TOP EMOTION THIS WEEK:



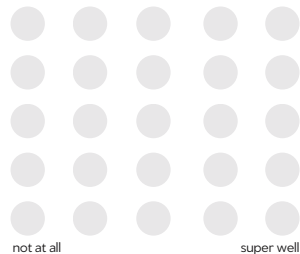
TODAY I AM FEELING:



Who are the people you want to see, talk to, and interact with the most every day?



How well do they know you?



Dear future me,

Describe yourself. What makes you unique? What are your current interests? What is your background? What do you appreciate about yourself?

What are some ways you connect with yourself?

What strategies do you use to reset and refocus?

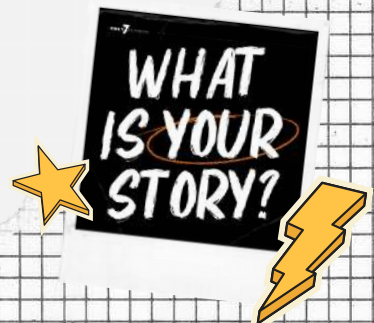
In what areas of your life do you feel like you have strong connections? (Check all that apply, circle the one that you would want to focus on improving.)

- | | |
|--|---|
| <input type="checkbox"/> Yourself | <input type="checkbox"/> Greater Community |
| <input type="checkbox"/> Family | <input type="checkbox"/> Background/history |
| <input type="checkbox"/> Friends/Relationships | <input type="checkbox"/> Activities/Interests |
| <input type="checkbox"/> School Community | <input type="checkbox"/> Role Model |

What are some of the ways you intentionally connect with others?

Why do you think it's important to take time to connect with others?

Till next spring,





EMPATHY MATTERS

Date:

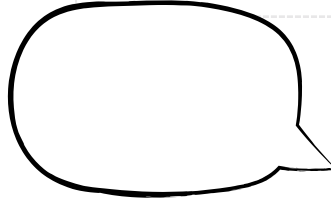
LESSON 03

THINGS I NOTICE

-
-
-
-

Storyteller

NAME HERE



THIS STORY IS TALKING ABOUT

I'm thinking about....

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person



CONNECTION MATTERS

Date: **LESSON 04**

Fill out the different parts of the shoe with the people and life experiences that has shaped who you are. Think about this:

- Who are you today?
- What experiences have impacted who you are?
- Who has had the greatest influence in your life?

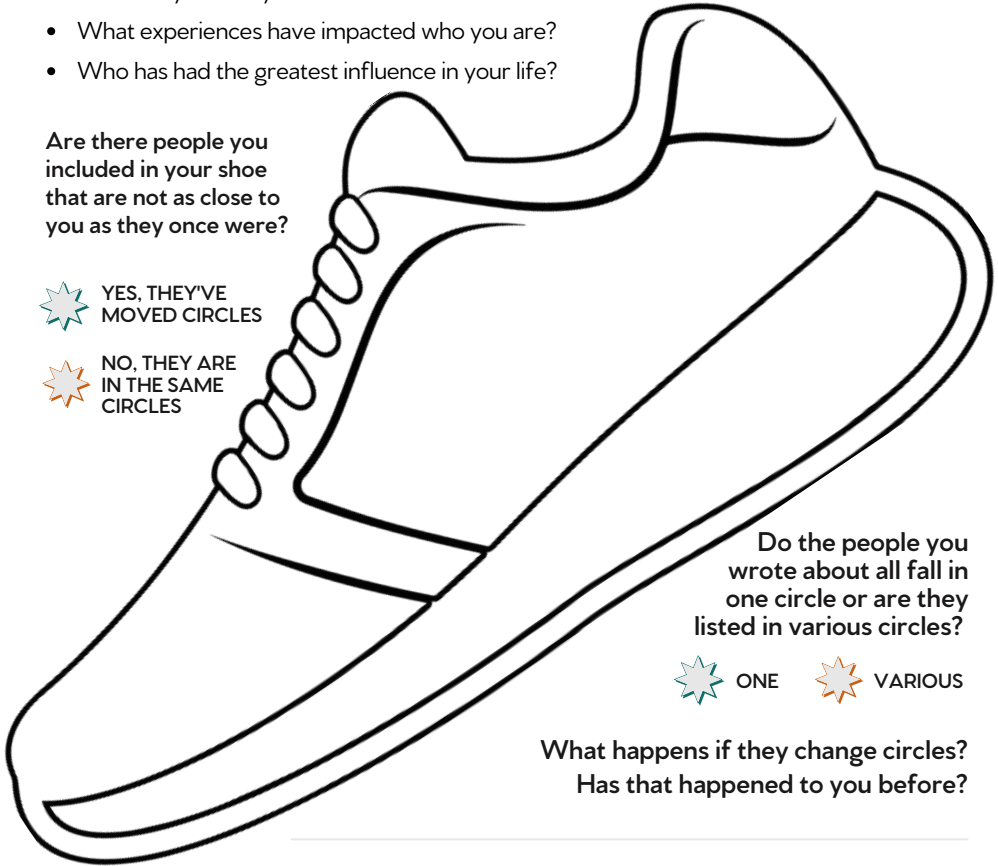
Are there people you included in your shoe that are not as close to you as they once were?



YES, THEY'VE MOVED CIRCLES



NO, THEY ARE IN THE SAME CIRCLES



Do the people you wrote about all fall in one circle or are they listed in various circles?



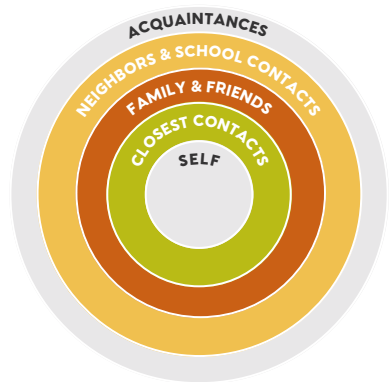
ONE



VARIOUS

What happens if they change circles?
Has that happened to you before?

How would you feel about someone moving further out in your circles? What about someone moving to a closer circle?





MY STORY MATTERS

Date: _____

LESSON 05

We all show up differently for different people in our lives. Choose one individual from each of your circles of connection. Use these prompts to evaluate how you show up in these specific relationships.

CLOSEST CONTACTS

FAMILY & FRIENDS

NEIGHBORS & SCHOOL CONTACTS

ACQUAINTANCES

Name: _____

Things I like to share:

- Ideas
- Feelings
- Experiences

- Ideas
- Feelings
- Experiences

- Ideas
- Feelings
- Experiences

- Ideas
- Feelings
- Experiences

Amount I share with them:



Activities we do together:

Emotions I feel when we are together:

How often we talk:



What's a specific memory we have?

Changes I'd like to make:

Will you share this with them?

- Yes
- No

- Yes
- No

- Yes
- No

- Yes
- No



Do you think you show up differently online versus in your circles? If yes, how?



EMPATHY MATTERS

Date:

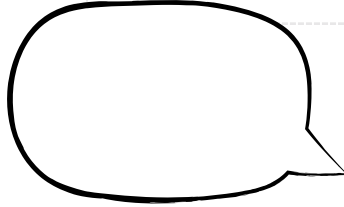
LESSON 06

THINGS I NOTICE

-
-
-
-

Storyteller

NAME HERE



I'm thinking about....

This story is talking about...

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person



CONNECTION MATTERS

Date:

LESSON 07

1. Brainstorm who your role models might be, choose one and write 3 characteristics on why they are your role model. We hope this is someone you know and can interact with!



When you notice someone you like or admire, what's the first thing you think about?

2. Complete this worksheet by listing the characteristics and traits you admire in your role model.



How would someone in a role model position make you feel?

3. Share it with your role model in some way- write a note, send a dm, post a picture!



What is something you would like a role model to do with you or for you?

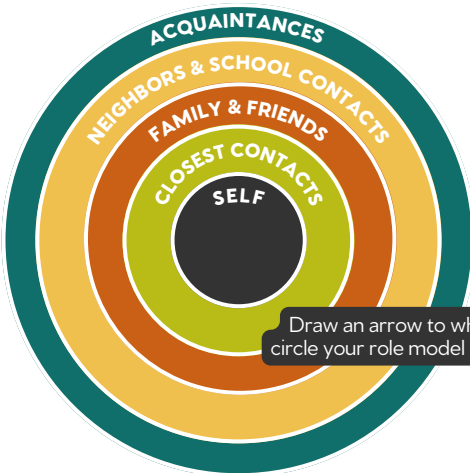
BRAINSTORM HERE

WHO ARE YOUR ROLE MODELS?



MY ROLE MODEL IS:

WHAT ARE THE CHARACTERISTICS AND TRAITS YOU ADMIRE IN THEM?



Draw an arrow to which circle your role model fits in!



VALUES I HOLD

CIRCLE 10 OF THE VALUES YOU HOLD

- | | | | |
|-------------------|------------------|----------------|----------------|
| • Family | • Risk-taking | • Rest | • Self Respect |
| • Creativity | • Friendship | • Punctuality | • Diversity |
| • Communication | • Imagination | • Bravery | • Faith |
| • Achievement | • Intelligence | • Patience | • Balance |
| • Competition | • Growth | • Wealth | • Freedom |
| • Self-Confidence | • Inner Peace | • Adventure | • Resilience |
| • Structure | • Fitness | • Generosity | • Happiness |
| • Decision Making | • Self-Awareness | • Loyalty | • Positivity |
| • Education | • Fairness | • Honesty | • Efficiency |
| • Tradition | • Sincerity | • Respect | • Orderliness |
| • Passion | • Justice | • Independence | • Partnership |
| • Persistence | • Community | • Challenge | • Authenticity |

From the 10 values I picked, the most important to me are...

1 _____

2 _____

3 _____

4 _____

5 _____

Now, consider which emotion might be the opposite or seem to be in conflict with the value you hold

1 _____

2 _____

3 _____

4 _____

5 _____

CIRCLE THE EMOJI THAT REPRESENTS HOW YOU'RE FEELING TODAY



MY SONG OF THE DAY IS:





EMPATHY MATTERS

Date:

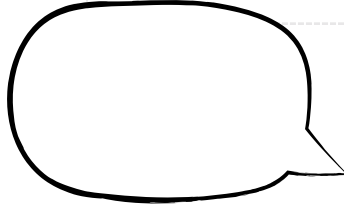
LESSON 09

THINGS I NOTICE

-
-
-
-

Storyteller

NAME HERE



I'm thinking about....

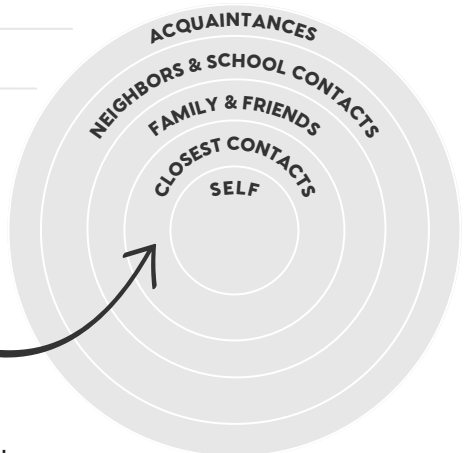
This story is talking about...

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person



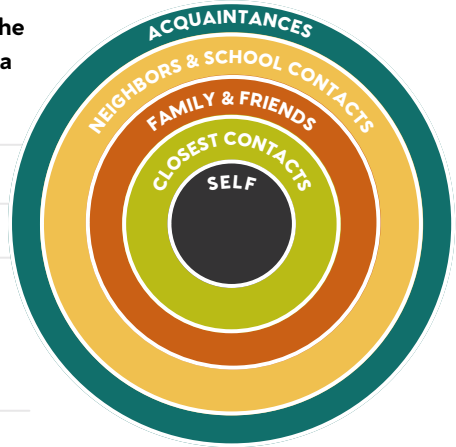
CONNECTION MATTERS

Date:

LESSON 10

What are the groups I hang out where I feel the most myself with? (i.e. my sports team, drama club, band, youth group, etc)

- _____
- _____
- _____



When I am with this group, I feel:

When I am with others, I want them to feel:

What do I need or get from this group?



Complete the Connection Challenge and then come back to this!

**DURING THE CHALLENGE,
3 PEOPLE I MET:**

- _____
- _____
- _____

WHAT I LEARNED ABOUT THEM

- _____
- _____
- _____



WE HAVE THIS IN COMMON:

WHAT I LEARNED ABOUT MYSELF





MY STORY MATTERS

Date: _____

LESSON 11

It is natural to show up differently for different people. Take some time to think about your different relationships. On the top line, pick a specific person from your circles and jot it down. Then spend some time thinking about you usually spend time together. How you would like it to be different? What would you need from them to reach that relationship goal?



CLOSEST CONTACTS

FAMILY & FRIENDS

NEIGHBORS &
SCHOOL CONTACTS

ACQUAINTANCES

Name: _____

What I
want them
to notice
about me

What
I want
them
to say
to me

What I
want
them to
feel when
we are
together

**WHAT I NEED TO
ACCOMPLISH MY GOALS:**



I am sharing this with:

-
-
-
-





EMPATHY MATTERS

Date:

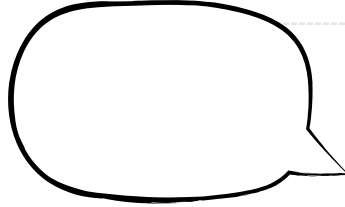
LESSON 12

Storyteller

NAME HERE

THINGS I NOTICE

-
-
-
-



I'm thinking about...

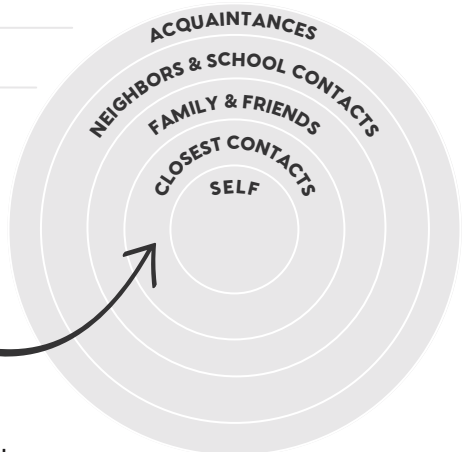
This story is talking about...

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person



CONNECTION MATTERS

Date:

LESSON 13



Describe the difference between random and planned acts of kindness...

How does random make you feel?

What about intentional?

BRAINSTORM YOUR OWN IDEAS FOR ACTS OF KINDNESS HERE



What makes you feel the most loved?

How do the people in your circles feel the most loved?

Circle at least two acts of kindness to do for someone in your circles this week

1. Give someone a compliment
2. Smile at a stranger
3. Hold a door open for someone
4. Help someone who is struggling
5. Give 5 people a high five
6. Express love to a family member
7. Show appreciation to a staff member
8. Say thank you to a family member
9. Be nice to someone you don't know
10. Send a positive text
11. Write a kind note
12. Take time to listen
13. Hug somebody
14. Do something kind for someone
15. Say "I'm sorry"
16. Leave a positive note on someone's car
17. Give a gift
18. Show respect when you disagree
19. Speak up for someone
20. Do a chore
 21. Post a shoutout to someone you love
 22. Say "hi" to someone new
 23. Share something special to you
 24. Let go of a wrong
 25. Let someone else pick what to watch on TV
 26. Write something positive on a sticky note
 27. Post something positive online
 28. Let someone go ahead in line
 29. Send someone a video saying you love them
 30. Offer help to someone
 31. Remind someone that they matter

CIRCLE YOUR LOVE LANGUAGE:

Words of Affirmation

Act of Service

Physical Touch

Quality Time

Gifts



MY STORY MATTERS

Date: **LESSON 14**

IN MY BEST RELATIONSHIPS:

I feel happy when... _____

I feel appreciated when... _____

When I'm happy, I like to: _____

When I am upset, I need to do _____ for myself.



MY FAVORITE THINGS

Color: _____

Song: _____

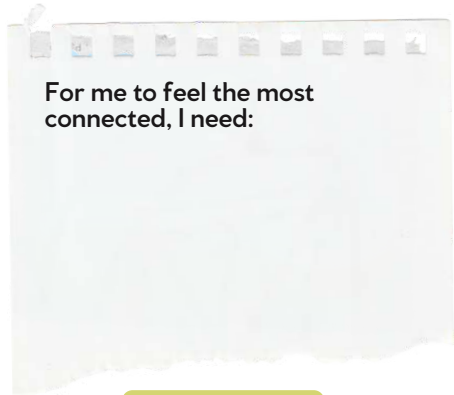
Snacks: _____

Hobby: _____

App: _____

Movie: _____

Season: _____



For me to feel the most connected, I need:

THIS OR THAT?

- | | |
|----------------|-----------|
| Book | Podcast |
| Morning Person | Night Owl |
| TV Show | Movie |
| Introvert | Extrovert |
| Pizza | Tacos |
| City | Country |
| Beach | Mountains |
| Neutrals | Colorful |



RATE HOW CONNECTED YOU FEEL TODAY





EMPATHY MATTERS

Date: _____

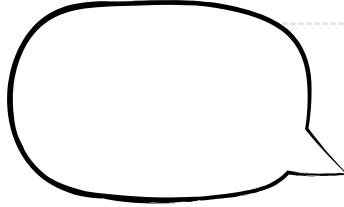
LESSON 15

THINGS I NOTICE

-
-
-
-

Storyteller

NAME HERE



I'm thinking about....

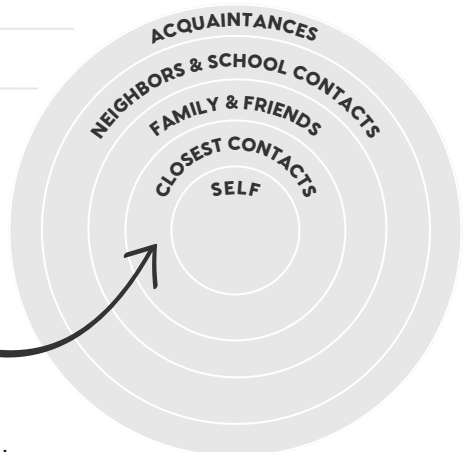
This story is talking about...

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person



CONNECTION MATTERS

Date: _____

LESSON 16



Who am I?

Large dashed-line rectangular area for writing.

Where am I from?

Large dashed-line rectangular area for writing.

Why am I here?

Large dashed-line rectangular area for writing.

What can I do?

Large dashed-line rectangular area for writing.

Where am I going?

Large dashed-line rectangular area for writing.



WHO IS ON YOUR MIND?



Today I am grateful for: _____



MY STORY MATTERS

Date: _____

LESSON 17

My circles when I was 5 years old:

Closest Contacts _____

Family & Friends _____

Neighbors & School _____

Acquaintances _____



My circles now:

Closest Contacts _____

Family & Friends _____

Neighbors & School _____

Acquaintances _____

The biggest difference is:

My circles when I am 30 years old:

Closest Contacts _____

Family & Friends _____

Neighbors & School _____

Acquaintances _____

My connection goals for the future:

**BE SOMEBODY WHO
MAKES EVERYBODY
FEEL LIKE A SOMEBODY.**

KID PRESIDENT





EMPATHY MATTERS

Date: _____

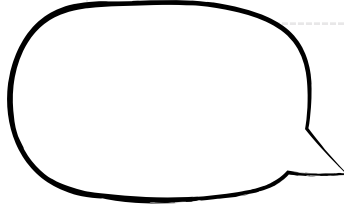
LESSON 18

THINGS I NOTICE

-
-
-
-

Storyteller

NAME HERE



I'm thinking about....

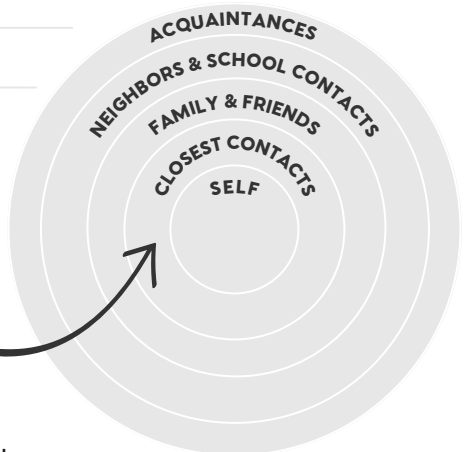
This story is talking about...

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person



CONNECTION MATTERS

Date: _____

LESSON 19

Things I find interesting:

- | | |
|---|---|
| <input type="checkbox"/> Video Games | <input type="checkbox"/> Fitness |
| <input type="checkbox"/> Being Outdoors | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Music | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Sports | <input type="checkbox"/> Photography |
| <input type="checkbox"/> Movies & TV | <input type="checkbox"/> Cars & Trucks |
| <input type="checkbox"/> Art | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Movies & TV | <input type="checkbox"/> Collecting _____ |
| <input type="checkbox"/> Writing | <input type="checkbox"/> Other: _____ |

Brainstorm questions you can ask to make connections with new people



I am asking people this question:

I asked the question via

- Tiktok
- Instagram
- In person
- Other: _____

How many people responded?

My favorite response was:

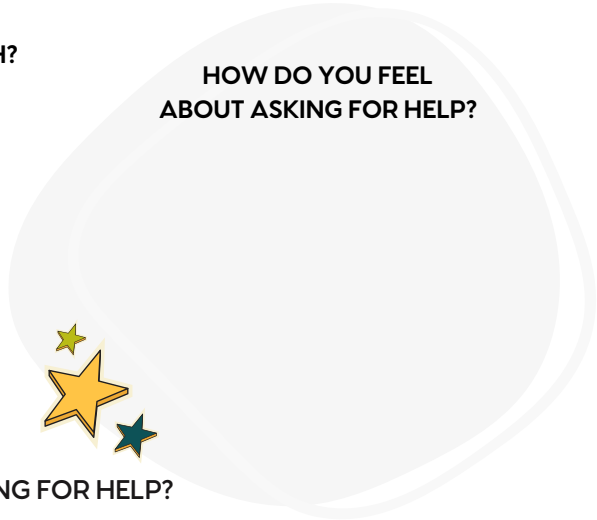




WHAT DO YOU NEED HELP WITH?

- School work
- Finances
- Rides/transportation
- Emotional support
- Talking through ideas
- Problem solving decisions
- Other

HOW DO YOU FEEL ABOUT ASKING FOR HELP?



WHAT KEEPS YOU FROM ASKING FOR HELP?



WHAT DO YOU NEED RIGHT NOW?

WHO IS SOMEONE WHO CAN HELP?

Draw an arrow to the circle this person fits in!

LET'S PRACTICE!

"I could use your help with..."

"More than anything, my wish for you is this: That when your awful darkest days come, you will know you're not alone. Pain will tell you to keep quiet, but that's a lie. Life is fragile and we all break in different ways. I hope you know you can be honest. I hope you know that you can ask for help. Did you catch that?"

IT IS ABSOLUTELY, POSITIVELY OKAY TO ASK FOR HELP.

It simply means you're human. Help is real and it is possible; people find it every day."

- Jamie Tworkowski





EMPATHY MATTERS

Date:

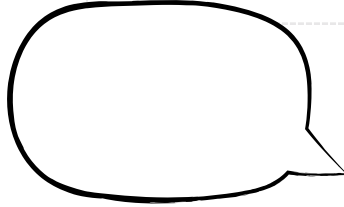
LESSON 21

THINGS I NOTICE

-
-
-
-

Storyteller

NAME HERE



I'm thinking about....

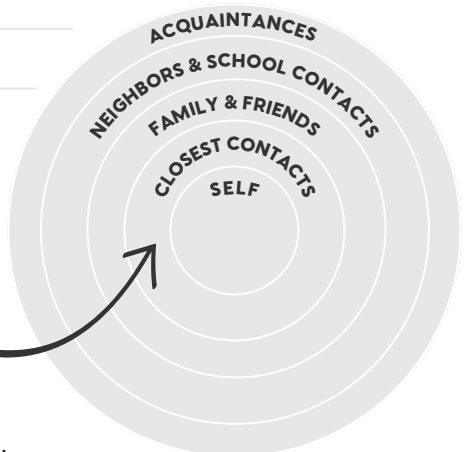
This story is talking about...

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person



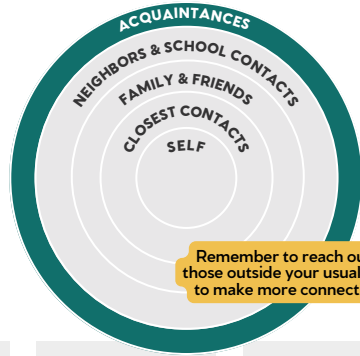
CONNECTION MATTERS

Date: _____

LESSON 22

CONNECTION BINGO:

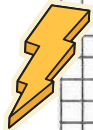
Here's your chance to expand your connection circle! Search for people who fit the following descriptors. When you find someone who fits a connection to you, take a selfie or sign each other's bingo square. Your goal is to get at least one bingo. (5 in a row, column, or diagonal.)



Remember to reach out to those outside your usual circle to make more connections.

like the same music artist	is in the same birth order as you (oldest, middle, youngest, only)	listens to the same youtuber or podcaster	shares a favorite sports team (or dislikes sports too)	wants to work in the same career or field
enjoys the same hobby	has the same favorite movie	went to the same elementary school	agrees with you on pizza toppings	been on vacation at the same place (or also hasn't traveled out of state)
has the same future goal	has the same type of pet (or no pet if you don't have a pet!)	FREE	shares your birthday month	had the same favorite tv show or movie as a kid
has the same favorite camp/school memory	shares the same cultural or ancestral history	agrees with you on an unpopular opinion	can quote the same tv show	shares the same celebrity crush
dislikes the same food	can do the same dance move	chooses the same icecream flavor	can speak or is learning the same language	played the same sport or extracurricular activity

HERE'S
WHAT IS
BRINGING
ME JOY:





MY STORY MATTERS

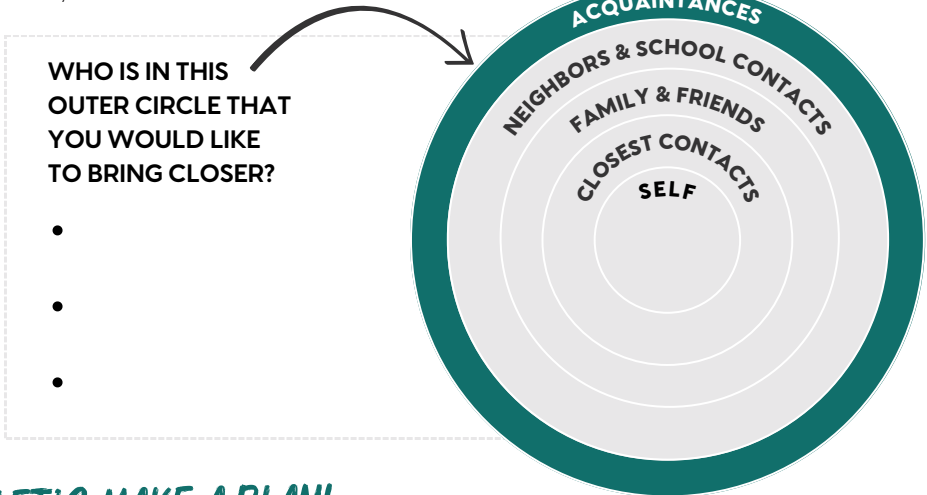
Date: _____

LESSON 23

You may have noticed that some of the relationships that were the most meaningful to you have changed over time, either bringing people in closer or further away. That is natural as you change and grow. Some relationships make sense to be more distant while others you would like to have close again. Use what you have learned so far in this journal to plan how to bring an acquaintance into a closer circle.

“Relationships are never static. They have to evolve over time as the individuals in them change.”

— Sherryl Woods



LET'S MAKE A PLAN!

HOW CAN YOU BRING SOMEONE FROM AN OUTER CIRCLE TO ONE OF YOUR INNER CIRCLES?

Plan Deadline:

Who? _____

What am I going to do? _____

I want to move them into my circle.

How can I make the connection? _____



EMPATHY MATTERS

Date:

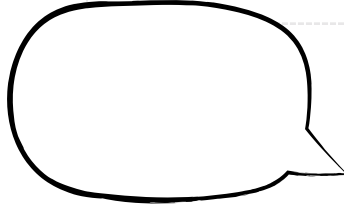
LESSON 24

THINGS I NOTICE

-
-
-
-

Storyteller

NAME HERE



I'm thinking about....

This story is talking about...

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person



CONNECTION MATTERS

Date: _____

LESSON 25

Write at least 7 sticky notes to share with the world! You can use the prompts here or write your own.

Give 3 of them to someone in your circles. 

Be sure you include @only7seconds on the bottom of the sticky note so that when people find them, they can understand how only 7 seconds of kindness can make a big difference.

Spread some hope! You can leave them around your school and community. The possibilities are endless so get creative! Here are some ideas to get you started: locker rooms, bathroom stalls and mirrors, car windshields, grocery stores, bus stop benches, or the gym.

Practice one here!



 Draw a star next to the circles where the 3 people you are sharing a sticky note belong!



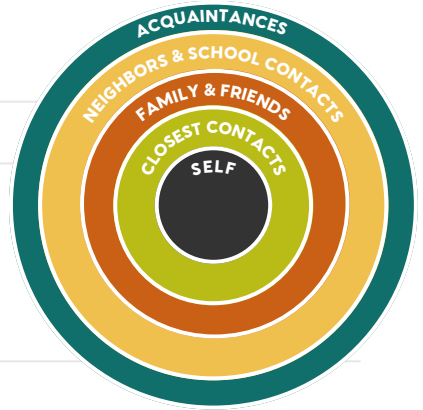
1. You are right where you need to be.
2. Have an amazing day! You've got this!
3. Check in with yourself. How are you really doing?
4. Taking care of yourself is kind to the people around you.
5. Your worth is not found in what you do, but in who you are.
6. Having a bad day doesn't make you weak; it makes you human.
7. Just wanted to say, you have purpose. Keep going!
8. You are NOT a burden. You are a gift. You matter here.
9. You are not alone.
10. I hope you have a great day today, glad you're here!
11. You're crushing it!
12. You were given this life because you were strong enough to live it.
13. Be gentle with yourself, you're growing. It's not perfect, that's ok.
14. Chin up, you are doing great! Keep showing up!
15. The world needs you today. Thank you for being here!
16. I'm happy you're alive today.
17. You make our community a better place, thanks for being here.
18. You will rise above your struggles. You are so so strong!
19. Your feelings are valid.
20. It's okay to not have it all figured out right now.
21. You are loved.
22. You can do hard things!
23. It's okay to ask for help, you aren't suppose to do life alone!
24. It's a bad day, not a bad life.
25. Stay hopeful, good things are on the horizon.
26. You have survived 100% of your worst days, you'll get through this one too.
27. If you haven't heard it today— you are loved.
28. It's okay to feel overwhelmed. Take it one day at a time.
29. You bring so much value to the world.
30. You are doing your best. And that is enough.



When have I been hurt by a friendship or connection?

What did I do?

What do I wish I would have done?



Where does that relationship stand now?

MY SUPPORT TEAM IS:



-
-
-
-

Share this with your support team

29 Check this box once you've shared!

Boundaries in relationships are important. Often we form them after we've have been hurt and don't want to be hurt again, or we can form them proactively to define what you want a relationship to be like. Boundaries come in all shapes and sizes. You define your own boundaries and can update them at any time. When you set a boundary in your relationships, think about 3 steps:

1. **Communicate what you need.**
2. **Stay simple, don't over-explain.**
3. **Set consequences or tell them why it is important.**





EMPATHY MATTERS

Date:

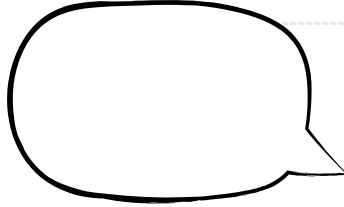
LESSON 27

THINGS I NOTICE

-
-
-
-

Storyteller

NAME HERE



I'm thinking about....

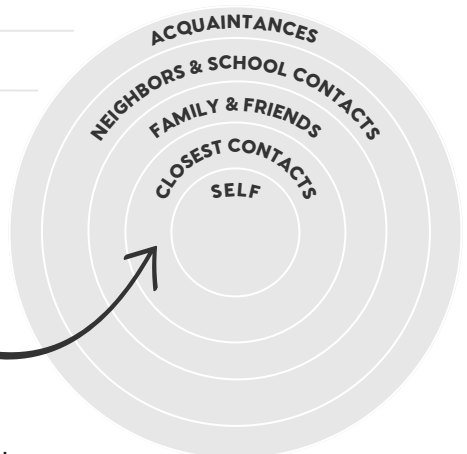
This story is talking about...

This story makes me feel...

When we talk, I want to remember to say...

THIS STORY MAKES ME THINK ABOUT:

Mark the connection circle that person fits in!



I'M GOING TO REACH OUT BY:



Snap, text, or dm



Facetime or phone call



In person

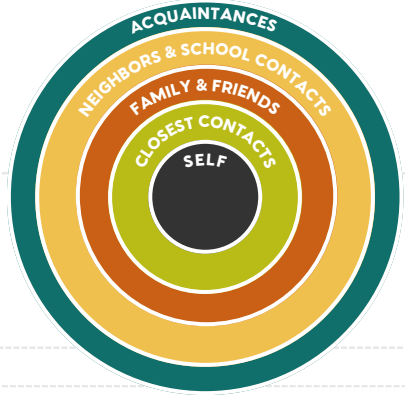


CONNECTION MATTERS

Date: _____

LESSON 28

Complete your circles one last time!



CLOSEST CONTACTS

FAMILY & FRIENDS

NEIGHBORS & SCHOOL CONTACTS

ACQUAINTANCES

MY 3 PEOPLE ARE:



1



2



3



Check the box once you've delivered your note!



Go back to page 5 and reread the letter you wrote to yourself at the start of this journey. Now, answer the following questions!

THINGS THAT SEEM NEW:

- _____
- _____
- _____

PARTS OF ME THAT FEEL THE SAME:

- _____
- _____
- _____

CONNECTIONS I'VE GROWN THIS YEAR

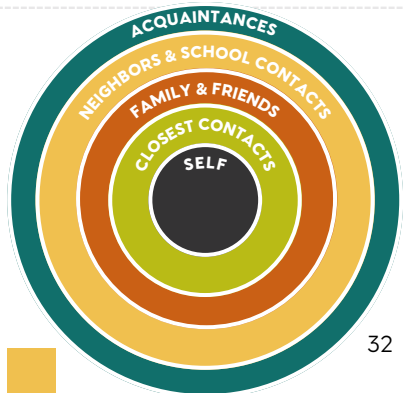
In the boxes below, share how you were able to grow your connection to them.

<p>Name: </p>	<p>Name: </p>
<p>Name: </p>	<p>Name: </p>

GOING FORWARD, MY GOAL IS:

I'm sharing this goal with someone!

Check this box once you've shared!





IT'S A WRAP!

Date: **LESSON 30**

On a scale of 1-5, how did this experience help you?

1. not at all

5. extremely helpful

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Intentional Connection

Meaningful Connection

Understand Yourself

Understand Others

Build Empathy



NEXT TAKE THE SURVEY!

LONELINESS ASSESSMENT



SCAN FOR SURVEY



ACCESS FREE RESOURCES

THROUGH OUR STUDENT HUB

STUDENT HUB



My biggest takeaway from this is:

I'm sharing this takeaway with:

STAY CONNECTED



Check this box once you've shared!



ONLY **7** SECONDS'

YOU ARE
NOT ALONE
IN YOUR
STORY.



CAMERA1
PLAY ▶



WWW.ONLY7SECONDS.COM