



DISCUSSION GUIDE: KEA'S STORY

Objective: Students will reflect on how they connect with themselves in order to draw their attention to the strategies they use to regroup, recharge, and reset. Students will then reflect on their current connections so that they can see their growth by the end of this program.

Option 1: Watch the entire video all the way through and have a conversation using these questions or ones that make sense for your students.

- a. Start by asking, "Is there anyone in your life that this video makes you think about? Can you reach out and connect with them right now?"
- b. Allow time for students to text or call someone they are thinking about in this moment.
- c. Use the questions below to engage in a rich conversation with your students focusing on student engagement. Lead the conversation with the whole group or have small groups answer each question and then share their answers.
- d. It is vital that all students feel seen in this process so pay close attention to anyone responding in a way to the videos that is unexpected. Follow up with them after the discussion to ensure the video or conversation was not upsetting to them.

Option 2: Play the full video once all the way through, then go back and play it again, pausing for conversation.

- a. At minute 1:25, pause and ask:
 - i. What does it mean to you when you hear the word Connection? What about Loneliness?
 - ii. What do you think he means when he talks about intentional connections? Are there other kinds of connections?
 - iii. Who comes to mind when Luke talks about being encouraged to connect with people in your life and people you care about. When you think about those people, do you feel truly connected or is it more superficial?
- b. At minute 2:20, pause and ask:
 - i. As you consider loneliness in general or even a time when you have been lonely, what ways can human connection impact that feeling?
- c. At the end, pause and discuss:
 - i. What emotions come up for you when you hear Kea's story?
 - ii. What parts of her story, can you relate to? What parts are harder for you?
 - iii. If Kea was your best friend, how would you want to show up for her?
 - iv. How do you think Kea and her family feel about her sharing her story now?
 - v. Kea talked about making decisions to take care of herself while putting others at a distance. And then once she was healthier, she was able to regroup. This seemed to be a great way for her to get the help she needed. We all have times when we are better than others, what are some ways that you have taken care of yourself? How do you recharge when you need to? How do you reset a friendship that has gone sideways?

Extension: Each day this week, take a moment to check in with yourself--is there something you need to do to feel more like yourself? Notice patterns and see if you can adjust for the next week.