



CURRICULUM PACING GUIDE

At its core, the Connection Curriculum is a series of video stories built to support you as you engage with your students. Each story encourages students to build empathy for others and engage in meaningful conversation. Additionally, we encourage students to develop habits that grow connection by teaching them to connect with themselves and the people in their lives. While simple to execute, the Connection Curriculum has the power to change lives. Building empathy is foundational to all healthy relationships. And we know that the levels in which we are able to connect with ourselves, drives the levels in which we can connect with others. We are on a mission to end loneliness and we are so glad you have joined us.

The first lesson in the Connection Curriculum is designed to take about an hour and a half to complete. We recommend you break it into two parts. Each subsequent lesson should take about 45 minutes to complete with the Connection Challenge sometimes spilling over into other parts of the day or students' lives.

If you start in October, you could use this as your pacing:

- 10/7 Lesson 1, part 1
- 10/14 Lesson 1, part 2
- 11/7 Lesson 2
- 12/7 Lesson 3
- 1/7 Lesson 4
- 2/7 Lesson 5
- 3/7 Lesson 6
- 4/7 Lesson 7
- 5/7 Lesson 8
- 6/7 Lesson 9

If you have less time (perhaps starting in January), you can always double up and do two lessons each month following this guide:

- 1/7 Lesson 1, part 1
- 1/14 Lesson 1, part 2
- 2/7 Lesson 2
- 2/14 Lesson 3
- 3/7 Lesson 4
- 3/14 Lesson 5
- 4/7 Lesson 6
- 4/14 Lesson 7
- 5/7 Lesson 8
- 5/14 Lesson 9

Of course, we want all students to benefit from creating connections, so even if you have a limited amount of time, we believe our lessons can fit into your schedule. The shortest timeline that we find to be effective is one lesson a week so you could start in March and finish by May:

- 3/7: Lesson 1, part 1
- 3/14: Lesson 1, part 2
- 3/21: Lesson 2
- 3/28: Lesson 3
- 4/7: Lesson 4
- 4/14: Lesson 5
- 4/21: Lesson 6
- 4/28: Lesson 7
- May 7: Lesson 8
- May 14: Lesson 9

If you have more time and want to include other activities, we recommend hosting a monthly SHARE Day on the 7th of each month. You could do the SHARE Day on the 7th of each month, followed by the Connection Curriculum on the other weeks.

While the video and empathy lesson are built to watch one time a month, the other elements can such as the Connect with Self and Connect with Your Circles can be utilized daily.

The order of the circles and empathy lessons are intentional, so we recommend you participate in order as well as utilize the additional free public resources around each storyteller through the I Know Lonely Project. Available at only7seconds.com.