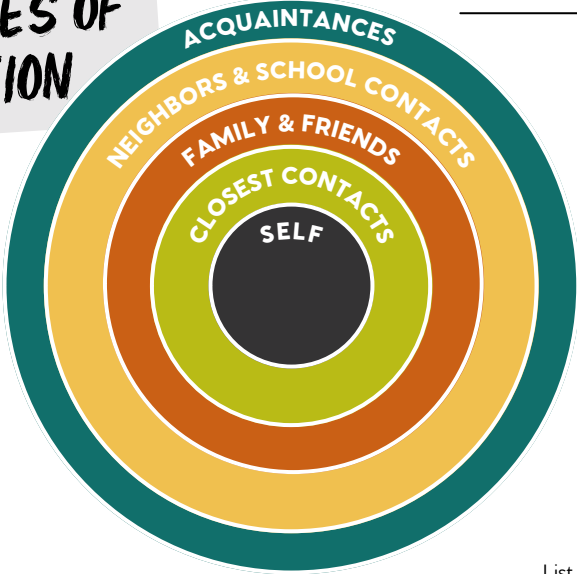


# MY CIRCLES OF CONNECTION

Date: \_\_\_\_\_



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 \_\_\_\_\_.

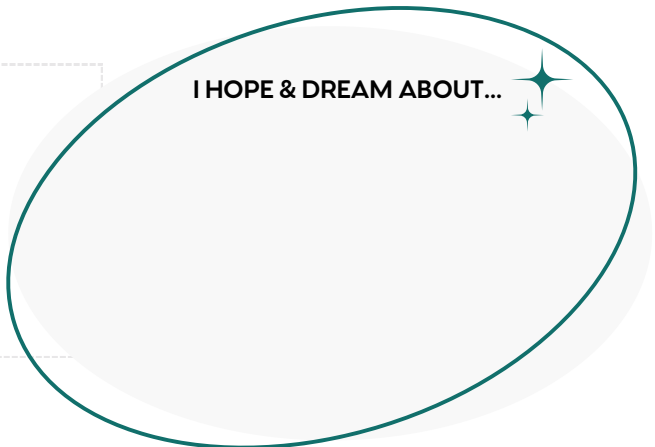
I really don't like it when I feel \_\_\_\_\_. I try to avoid feeling that way by \_\_\_\_\_. What I need from my closest people is \_\_\_\_\_.

### MY FAVORITE THINGS:

- 
- 
- 



I HOPE & DREAM ABOUT... 



I feel most connected when... \_\_\_\_\_

I'm working on: \_\_\_\_\_

I'd like if people knew.... \_\_\_\_\_

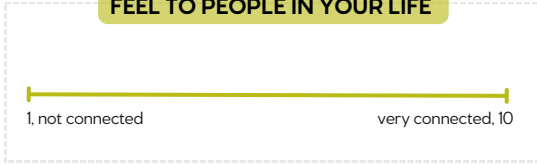
When I'm stressed, I need... \_\_\_\_\_

When I'm sad, I need.... \_\_\_\_\_

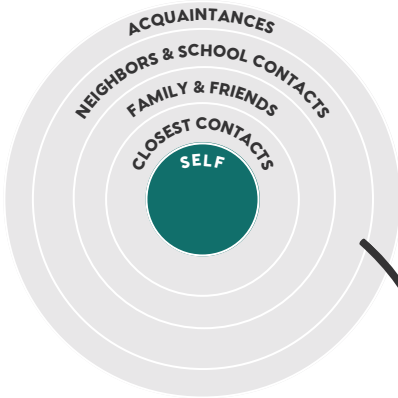
When I'm happy, I like to: \_\_\_\_\_

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:**



**THE LAST TIME I FELT LONELY WAS:**

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



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How well do they know you?

<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"/>

not at all

super well

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?

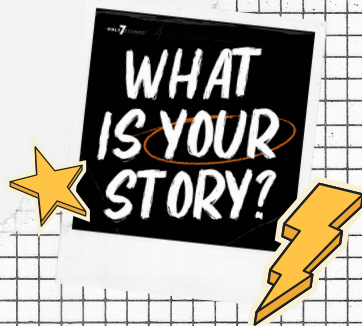
In what areas of your life do you feel like you have strong connections? (Check all that apply, circle the one that you would want to focus on improving.)

- |  |   |
|--|---|
| <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:

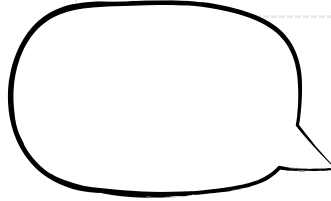
**LESSON 03**

## 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...

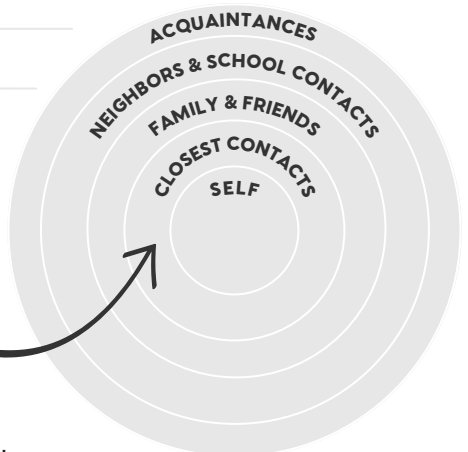
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---

## 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?

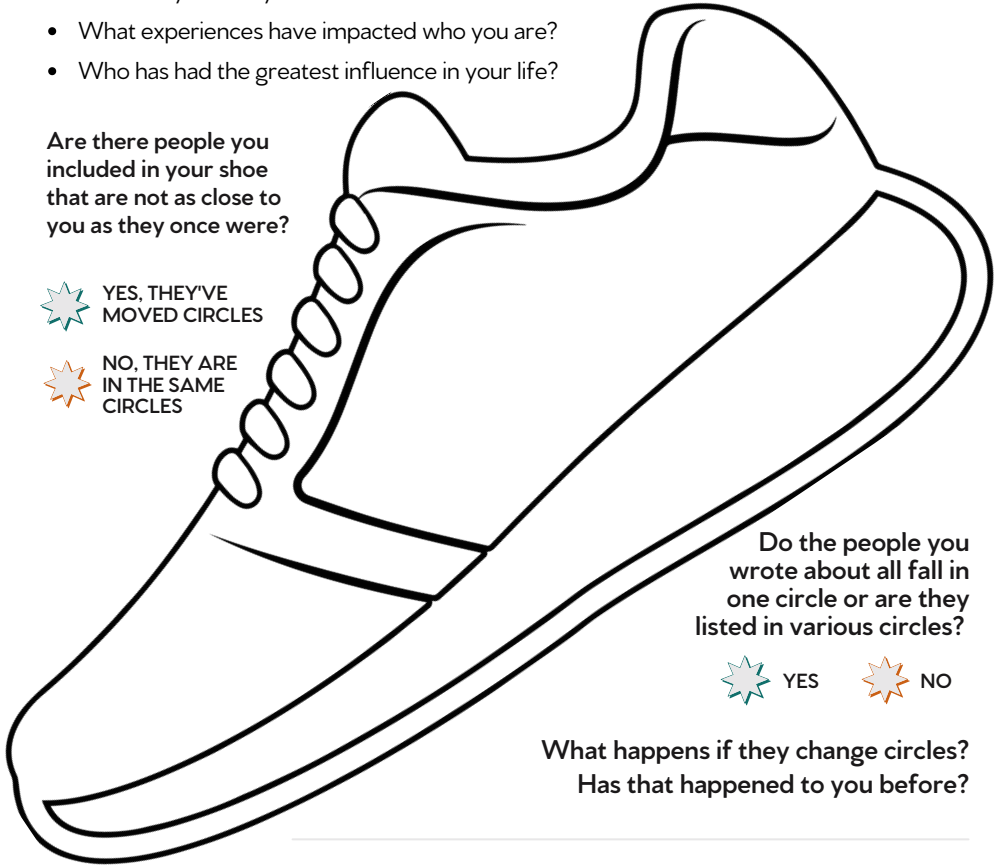
Are there people you included in your shoe that are not as close to you as they once were?



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?



YES



NO

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?

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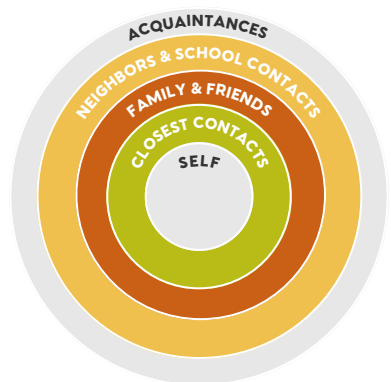
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# MY STORY MATTERS

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:

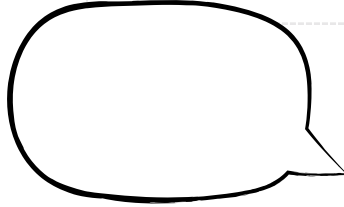
LESSON 06

## 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...

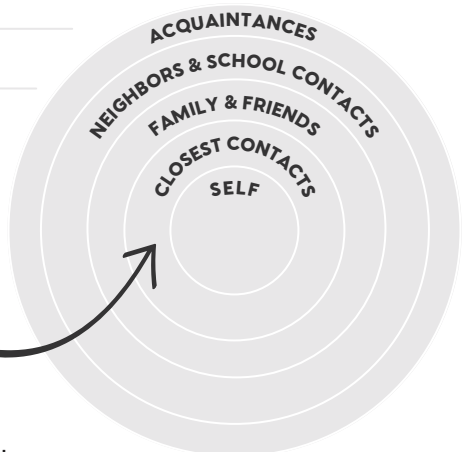
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## THIS STORY MAKES ME THINK ABOUT:

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

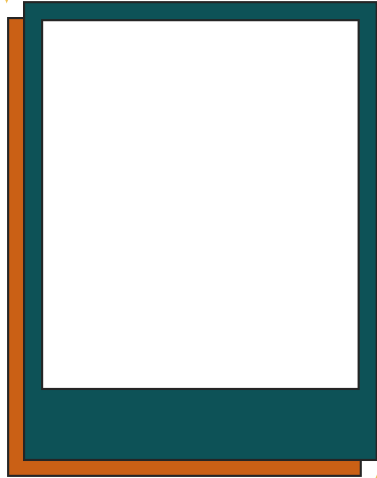
Date:

**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!

2. Complete this role model worksheet by listing the characteristics and traits you admire in your role model, you can also add a photo.

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



Add a photo of your role model here or if you don't have a photo, share a moment or memory you have with your role model!!

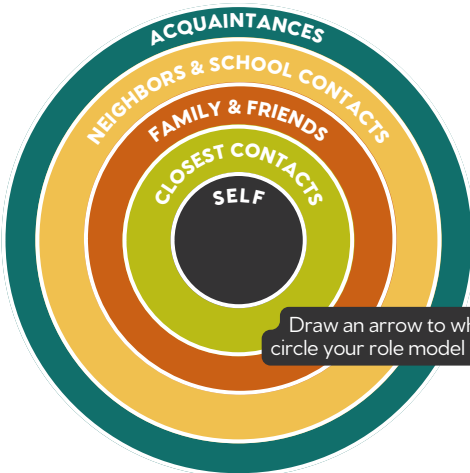
## BRAINSTORM HERE

**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 \_\_\_\_\_

### MY NOTES:



### CIRCLE HOW YOU'RE FEELING TODAY





# EMPATHY MATTERS

Date:

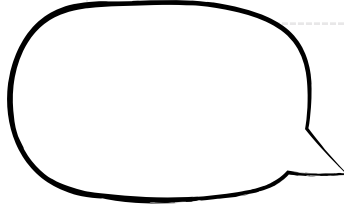
**LESSON 09**

## 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...

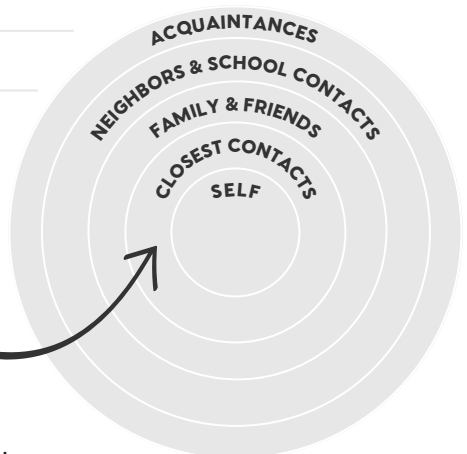
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## THIS STORY MAKES ME THINK ABOUT:

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