

# CONNECTION NOTES: LESSON 1

## Check In



List your connection team members:

Check in as a group with these questions:

- How are you feeling about working together to build empathy?
- What concerns to you have?
- What do you hope to get from this process?

## 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?