

Mapping Connections



Topic:

CONNECTIONS

MATERIALS:

o Connections Map PDF

TIME	DIRECTIONS
15 minutes	<p>Mapping Connections</p> <p>Beginning with their own name in the middle, participants map out all the connections they have in their life using separate branches for different connections e.g. school friends, cousins, work colleagues etc. Once completed, participants hold up their connections maps for everyone else to see.</p> <p>Self-Reflection</p> <p>Educator prompts students to reflect on their connection map by responding to a series of statements. Participants are blindfolded or close their eyes and raise their hand if they agree with the statements below.</p> <p>The following statements should be read out to participants allowing for 5-10 seconds of reflection after each:</p> <ul style="list-style-type: none">o I have many friends, yet at times, I still feel lonely?o I spend more than two hours per day, on social media?o I can be my true self with everyone on my connections map?o In a crisis, I can rely on at least four people on my connections map to help me?o Over half the connections on my map bring joy to my life? <p>Closing statement</p> <p>Educator explains to participants that the purpose of the activity was to explore all the human connections we have in our lives and the importance of these connections.</p>