

Suggested Framework for session on connectedness (group)

Pictionary activity

Students sit in groups of 4-5

Each group gets 2 pieces of paper and coloured pens.

2 of you should think of a place where young people connect with each other – take it in turns to draw it on the paper, the other team members must try to guess what it is

There is a 60 sec time limit per student for drawing and guessing

Now let the second person have their turn.

Activity – Empathetic habit

Watch the video (6 habits of highly empathetic people:

<https://www.youtube.com/watch?v=hNEuEO94J1o>) work in pairs – the first person is going to tell the other person about an event that has recently happened to them.

The person listening must not look at the person talking, they must look around appear uninterested and try to think about other things whilst the other person is talking.

Next they need to swap places so that one of them is talking and the other is not listening

Discuss with each other how did that feel?

How do we really listen?

Think-pair-share.

Students need to reflect on what they could have done to really listen sharing ideas with a partner and then with the rest of the group

Activity – other people's emotions

Students complete the worksheet – other people's emotions

Activity – What makes a good friend?

Students divide a piece of three at the top of the page they have the question “what makes a good friend” . Section 1 – A good friendship feels like: (Students give examples)

Section 2 – A good friendship sounds like: (students give examples)

Section 3 – A good friendship looks like (Students give examples)

Leave time at the end to facilitate discussion around their examples.