

Robin

LESSON PLAN <i>Measuring Connection</i> (30-45 Minute Lesson) Date:	
<p>NY State Literacy 6-12 Anchor Standard for Writing 3: Write narratives to understand an event or topic, using effective techniques, well-chosen details, and well-structured sequences.</p> <p>What Students Should Be Able To Do, Know, Understand, Accomplish At End of Lesson/Goals:</p> <ul style="list-style-type: none"> Define 5 relevant vocabulary words (e.g. connectedness, demographic, objective, longitudinal, longevity) Consider the question: How Can I Feel More Connected? 	
<p>Teacher Prep:</p> <ul style="list-style-type: none"> Read attached accompanying article (or in its original form) Watch Video: https://vimeo.com/486079801 Presentation should include 5 related vocabulary words/ key words 	
<p>Materials Needed:</p> <ul style="list-style-type: none"> <i>Why Connection Should be Measured</i> on Vimeo.com This Lesson Planning Sheet 	
<p><u>Opening:</u></p> <ul style="list-style-type: none"> Introduce Ned Hallowell and read his commentary <ul style="list-style-type: none"> https://www.my-robin.com/our-coaches/dr-edward-hallowell/ "Connection is like the keys in the ignition. The keys are there, waiting to be taken. We only have to reach in." - Coach Ned Watch Video <i>Why Connection Should Be Measured</i> together as class <ul style="list-style-type: none"> https://vimeo.com/486079801 (3 minutes) 	<p><u>Time:</u> 4-5 min.</p>
<p><u>Writing Prompt:</u></p> <p>Discussion Questions (give the students 10-15 minutes to write down answers)</p> <ul style="list-style-type: none"> What makes you feel connected at home? What makes you feel connected at school? "Connection Plan" Consider the following list (from https://cmha.ca/) and imagine enjoying one of the below activities later today. Describe the scenario as vividly as possible, making sure it has a beginning, middle, and end. <ul style="list-style-type: none"> Join a new club, or try out a group activity Reach out to an old friend you've lost touch with Volunteer for a cause you care about Introduce yourself to your neighbours Ask someone for help when you need it Do a random act of kindness How does planning this scenario make you feel? 	<p>10-15 min.</p>
<p><u>Group Activities:</u></p> <ul style="list-style-type: none"> Group students with partners or small groups they don't usually work with and have each student share what they are looking forward to today. Brainstorm additional ways to connect. 	<p>10-15 min.</p>

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Closing:

- Ask some students to share their "Connection Plans" with the class.
- Have teams share their additional connection strategies
- Close the conversation and thank students for their vulnerability.

5-10
min.