

Introduction and The Meaning of Being Connected

Overview

At this age, students are very social but will sometimes find a “best friend” and only spend time with that one person. The Mindset We are Connected teaches us that we are connected to many people in many ways and that we should embrace everyone in order to be able to share all life has to offer.

Objectives

- Understand the meaning of the word connected.
- Identify ways in which we are connected to the people in our lives.

SEL Alignments

- **Social-Awareness** – Students become more intrinsically motivated to build empowering relationships with others.
- **Relationship Skills** – Students begin developing strategies for making connections and building meaningful relationships with others.
- **Empathy** – Students attain broader perspectives on relationships and begin to understand the unique circumstances and abilities of others.