

SEWI CONNECTIONS TOOLKIT

BUILDING CONNECTIONS

Activities to foster healthy
relationships and help you thrive



"Connection is why we're here; it is what gives purpose and meaning to our lives..."

– Brené Brown, Author

Welcome

Hi Friend,

We can all build better connections with our family, friends, coworkers and the amazing young people you work with. We hope you take the time to enjoy these activities and share them with anyone you think wants to feel more connected with themselves and the people around them. **Our goal is to help people feel like they are not alone, that people care, that they are loved.**

Happy Connecting,

The SEWI Team



Introduction

Each of these tools can be used on their own or together as part of a series of connection activities. Choose what works best for your group of people. Activities range from 5 minutes to 30 minutes depending on how much time you have.

We would love to hear how it's going or see pictures, share on social media and tag us [@SEWInitiative!](#)

TABLE OF CONTENTS

Welcome.....	1
Introduction.....	2
Shoutout Wall.....	3
Questions for Connections.....	4
"I Feel Loved When...".....	5
Gratitude Connections.....	6
Gratitude Scavenger Hunt.....	7
High-lows.....	8
Recognize The Good Stuff.....	9
Feeling Wheel.....	10

Shoutout Wall

Acknowledging the people you spend time with helps build relationships and a sense of connection. So often we hear “my work does not get noticed” or “I don’t feel appreciated.” This is the opportunity for you and your team to appreciate each other. Watch faces light up as they get recognized for being the awesome people they are. Smiles are contagious!

HOW TO CREATE A SHOUTOUT WALL

A shoutout is a good compliment, a congratulations, a thank you, etc. Create a space for your team, youth or community members to give shoutouts to each other. Leave this up for a week or the month!

Step 1: Create a wall or board for shoutout statements.

Step 2: Think about who you want to acknowledge in a shoutout and why.

Step 3: Grab a marker and write or post it on the Shoutout Wall.

Step 4: Take time to review the shoutouts as a group and celebrate each other.



Questions for Connections

Creating connection is all about providing the space to share and really listening to answers. Take 5 minutes a day to connect with a friend, a family member, or someone you want to get to know better.

You don't need to ask all the questions, just choose a few that you feel will help you connect with a loved one or build a new connection!

15 QUESTIONS TO ASK

1. How are you feeling right now? (*Reminder: "fine" and "good" are not feelings! Check out the feeling wheel (pg. 10) to help with this).*)
2. What gets you out of bed in the mornings?
3. What is bringing you joy right now?
4. What was something good to you that happened this week?
5. What are you loving about yourself right now?
6. What are some things you might be struggling with recently?
7. What are you enjoying the most in school/work/home?
8. What is something you're looking forward to? Why?
9. What is one goal you have for the next week? Month? Year?
10. What are the most important qualities in a friend to you?
11. What is your hidden (or not) talent?
12. What is one favorite memory or experience you're grateful for?
13. What is one thing about your life you would like to *and* can change?
What steps need to be taken to get it done?
14. When was the last time you cried? Why?
15. What would your perfect day be like?



I Feel Loved When...

We all feel loved in different ways. Some people love hugs and feel loved when they get them. Others, don't like to be touched and hugs would make them feel the opposite of loved and very uncomfortable. It's important to know the best ways to show love to those around you. Use this tool with your family, with your friends, co-workers and the young people you might work with. We can all share more love and knowing what makes us feel loved is a great way to grow connections and relationships.

*This activity was adapted from www.mylemarks.com

I FEEL LOVED WHEN... CHECKLIST

Check off any action that makes you feel loved. After you've completed this activity, pay it forward! Reach out to someone you thought of during this exercise to let them know why you're grateful for them.

- ☐ Someone speaks highly of me to or around other people
- ☐ Someone tells me they've been thinking about me
- ☐ Someone does something nice for me without me asking them to
- ☐ Someone surprises me with a meaningful gift
- ☐ Someone gives me a hug
- ☐ Someone makes plans to spend time together
- ☐ Someone compliments me about something other than my appearance
- ☐ Someone remembers my birthday and other days that are important to me
- ☐ Someone listens to me and cares about what I have to say
- ☐ Someone is my personal cheerleader (ex: great job, I'm so proud of you)
- ☐ Someone takes care of me (ex: cooks, cleans, offers to help me, etc)
- ☐ Someone makes me feel like a priority, even when they might be busy
- ☐ Someone is respectful and honest with me
- ☐ Someone always keeps their promises to me
- ☐ Someone notices and says thank you for the things I do



Gratitude Connections

Increased gratitude is linked with being a happier human and better relationships. This activity offers a way to celebrate the things you are grateful for. This can be done daily or weekly. This can be a visual representation of all the things you and your team are grateful for.



Materials Needed

- Construction paper
- Scissors
- Marker
- Stapler or glue



Write what you are grateful for on a strip of paper and staple it together to make a garland that you can use to decorate your space for the holiday. You can do this once a week as a team, with your family or with the young people you work with. You can even leave a sign out and have visitors add to your gratitude links!

Instructions

Step 1: Cut out even strips of paper.

Step 2: Use a marker and write something you are grateful for on the piece of paper.

Step 3: Staple or glue the ends together to form a ring.

Step 4: Look through the paper through the ring you just made and connect it by stapling or gluing the ends together.



Gratitude Scavenger Hunt

Can you find all these things to be grateful for? Use the space below to write your answers & date you felt this way.

Something that
makes you laugh

Something that
makes you feel safe

Something that
tastes delicious

Something
that you love

Something you
find useful

A friend or pet

Something that
brings you joy

Something that
smells wonderful

Something you
think is beautiful



High-Lows

This end of day or end of activity reflection is a quick and easy way to share about the things you liked, loved and learned. It can also be used to share the things you were not so interested in or that didn't go well during your day. This helps foster a culture of sharing, reflection and normalizing talking about the good and not so good things in our lives.

Instructions

- Ask your group to share their highs and/or lows of the day or after finishing an activity.
- This can be done standing or sitting in a circle or sitting at the dinner table.
- Try to make sure this is a respectful space where people are listening and not judging the responses.

Examples

High:

- I got a good grade on my math test!
- I had a great run this morning.

Low:

- I didn't get to sit with my friends at lunch.
- I was so busy today I didn't make time for lunch.



10 Minutes To Recognize The Good Stuff



We get told by young people and adults – “It’s hard for me to find the stuff to be grateful for.” This tool is designed to help you think about different things in your life that are going well. You might not be able to fill it all out. The point is to give time for reflection and for us to pause and think of the good stuff.

Use this weekly to reflect and share the good stuff with the people around you.

*This activity was adapted from www.christiezimmer.com

3 things, people, or places you adore:

1.

2.

3.

3 things you're looking forward to:

1.

2.

3.

One thing you're proud of yourself for:

One thing that's going well for you right now:

Two people you can trust and count on:

1.

2.

The Feeling Wheel

Use the Feeling Wheel as a visual guide to help you accurately label whatever emotion you are experiencing.

