

## **True Connections**

### **Session 1**

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This course is about empowering youth to build empathy and creatively solve problems. From a personal to a global level, increasing these skills will result in more resilient, purposeful leaders who collaborate to act for the highest good. True Connection's signature **HiEQ Curriculum** incorporates mindfulness, best practices in SEL (social-emotional learning), journaling, and creative arts activities. The curriculum is also aligned with core educational and career-ready standards. This program provides students with the tools they need to cultivate strong core values, break down stereotypes, transform negative thought patterns, manage their emotions, build healthy relationships, and set/achieve their personal and academic goals. Together we are love in action. ***This course will take two sessions to complete.***

**Lesson 1:** My Foundations: Students will demonstrate awareness, knowledge, and comprehension of their emotions. Students will connect thoughts, feelings, and beliefs to self-perception. Students will understand the connection between perception and judgment of themselves and others.

**Lesson 2:** My Foundations: Art Project to accompany the foundations lesson. Creating Canvas Eco Bags "What I Stand For."

**Lesson 3:** My Energy: Students will understand the connection between experiences, thoughts, feelings, and behaviors. Students will understand how experiences can lead to interpretations, limiting beliefs, and assumptions. Students will identify fears, negative self-talk, insecurities, and disempowering language. Students will learn and define energy.

**Lesson 4:** My Energy: Art Projects to accompany the energy lesson. Create a mandala with "Open When Letters".

**Lesson 5:** Overcoming Fear: Students will understand the connection between experiences, thoughts, feelings, and behaviors. Students will identify and define interpretations, limiting beliefs, and assumptions, as well as understand how experiences can lead to interpretations, limiting beliefs, and assumptions. Students will identify fears, negative self-talk, insecurities, and disempowering language. Students will learn and define energy. Students will understand how interpretations, limiting beliefs, assumptions, fears, negative self-talk, insecurities, and disempowering language hold them back and stand in the way of their happiness.

**Lesson 6:** Overcoming Fear: Art Projects to accompany the overcoming fear lesson. Tear It Up Collage – release the fear.

**Lesson 7:** Love In Action: Students will learn and define cortisol, adrenaline, and oxytocin. Students will learn and define "fight or flight response systems. Students will apply knowledge of cortisol, adrenaline, oxytocin, and fight or flight response to developing self love. Students will learn and apply values of respect, responsibility, generosity, and gratitude.