

True Connections

Session 2

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True Connection is about empowering youth to build empathy and creatively solve problems from a personal to a global level will result in a brighter future filled with resilient, purposeful leaders who collaborate to act for the highest good of all. True Connection's signature **HiEQ Curriculum** incorporates mindfulness, best practices SEL (social-emotional learning) exercises, 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, and 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 (session 1 & 2)**

Week 1: 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.

Week 2: Art Project to accompany the Love in Action lesson. The art lesson is an abstract self-portrait using color pencils and watercolors. Class to include meditation.

Week 3: Emotional Intelligence: Students will focus on some essential questions: What is emotional intelligence? What is empathy? How do your perceptions, interpretations, or assumptions about people influence your relationship with them? How does empathy change your perceptions? What is one situation in your life in which you can change your perception or use empathy?

Week 4: Emotional Intelligence: An art project to accompany the Emotional Intelligence lesson, with students creating their own logo.

Week 5: Interpersonal Intelligence: Students will focus on some essential questions: How does tone of voice influence or affect how you communicate? When does communication affect your relationships the most? What is the most hurtful thing you have ever said to someone? What is the most hurtful thing ever said to you?

Week 6: Interpersonal Intelligence: An art project of hand or lip drawings that are for a pledge of empowering, healthy communication.

Week 7: Problem Solving: Students will focus on some essential questions: Where does judgement come from? What purpose does judgment serve? How do you view conflict? How do you resolve conflicts in your life? Where in your life do you need the most problem solving skills and why?

Week 8: Intentions & Goals: Students will focus on some essential questions: What motivates you to succeed in life? What doesn't motivate you? What do you think is your purpose in life? What methods do you use to set goals and achieve them? What prevents you from following through with your goals? How do you know you've reached them? Art: "Why am I here?" collage.