

# Be CALM Mini-Lesson

## Social Connections While Sheltering at Home



### Essential Question

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How do you create a genuine feeling of connection with others?

### Lesson Objective

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1. To identify digital technology that does and does not help you to feel more connected to others
2. To cultivate meaningful and genuine connection with others

### Why is this so hard?!

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We are experiencing a unique period in our lives that WILL end. You will not be cooped up in your home for eternity, yet it may feel like that right now. Social distancing is the term being used most frequently to describe what is, in practice, PHYSICAL distancing. It is possible and necessary to maintain social connections during this time.

If you are an adolescent who is feeling like staying away from your friends goes against nature, then you are right. Adolescence is a time when forming and maintaining friendships is an important developmental task, and it is being seriously challenged. Another major developmental task during adolescence is to seek more autonomy in decision-making, which is also being hijacked by physically distancing ourselves.

On the other hand, you are making a positive impact on other lives by respecting and abiding by the shelter-in-place orders. Your actions matter! This lesson is to help you to cultivate a greater sense of connection to others, so you and others can stay healthy during an unprecedented time in our history.

## Step 1 What to do

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Put an  next to anything you are already doing to stay connected to friends, family, teachers, coaches, and others. Write anything you are doing that is not listed in the blank spaces.

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Talking on the phone       | <input type="checkbox"/> Google Meet |
| <input type="checkbox"/> Instagram                  | <input type="checkbox"/> WhatsApp    |
| <input type="checkbox"/> Facebook messaging         | <input type="checkbox"/> Tumblr      |
| <input type="checkbox"/> Facetime                   | <input type="checkbox"/> _____       |
| <input type="checkbox"/> ZOOM calls                 | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Face-to-face conversations | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Texting                    | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Snapchat                   | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Google Hangout             | <input type="checkbox"/> _____       |

## Step 2

### What to do

Some of the ways we stay connected make us feel good about ourselves and others; they give us positive energy. Some do the opposite; they drain our positive energy and they make us feel worse.

Put a smile face next to those things that typically make you feel better



Put a straight face next to those things that don't really change your mood much one way or the other.



Put a sad face next to those things that typically make you feel worse afterwards.



## Step 3

### What to do

How do you know when a form of social connection makes you feel good? What happens during the connections that give you positive energy? How do you know when it makes you feel bad or worse? What happens during those connections that drain your energy or result in feeling worse?

Try to think of a recent example of a POSITIVE social connection. Think about what made the connection positive. Consider how you felt afterwards. Write or draw about it.

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Try to think of a recent example of a social connection after which you felt bad or worse than you did before it. Think about what you could have done differently or what you would have changed. Write or draw about it.

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## Step 4

### What to do

An intention is something you mean to do. If you want to feel good after a social connection, then your intention may be to engage more often in the social connections that result in positive feelings. As you think about fostering social connections during this time, what is your intention as you move forward?

My intention is: \_\_\_\_\_

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