

BELONGING TOOLKIT

PROJECT
WAYFINDER



SESSION 3 //

Belonging in the Wider World



YOUR GUIDE



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WELCOME!

Who is in the room today?

Introduce yourself.

Your name and what brings you here today.

WELCOME RITUAL



What's it been like to be you lately?

AGENDA //



- + Community Agreements
- + What is Belonging + Why is it Important?
- + Skillbuilding Lesson // Good Friends
- + Skill-Building Lesson // Golden Record
- + Q +A
- + Closing Ritual // Gratitude

COMMUNITY AGREEMENTS //



COMMUNITY AGREEMENTS

LISTEN TO EACH OTHER

Be present and listen to others
Respond, don't react
Try to find comfort in silence

LEAN INTO DISCOMFORT

Take risks and lean into discomfort
Try new ways of thinking and doing
Don't be afraid to ask questions

BE KIND TO EACH OTHER

Try not to judge yourself or others
Respect other people's journeys
Speak from the "I" perspective

STEP IN, STEP BACK

Choose what you want to share
Notice how much you are sharing
Respect confidentiality

VIRTUAL COMMUNITY AGREEMENTS

PRESENCE

Try not to be on other devices
Please mute to limit background noise

PATIENCE

Offer grace with tech issues
Your lovely beings are welcome on screen!

PARTICIPATION

Say your name when sharing
Make a visual gesture to get called on
Use chat feature for questions/affirmations

WAYFINDER JOURNEY



BELONGING IS...

...the acceptance, celebration, and inclusion of our's and others' fullest selves without altering or hiding who we are to meet the expectations of those around us.

SCAFFOLDING BELONGING

Belonging means building *meaningful, compassionate relationships* with *ourselves, other people, and the wider world* we are part of.

SCAFFOLDING BELONGING



WHY IS IT IMPORTANT?



References: Broderick, 2001, Allen, K., & Bowles, T., 2012

SKILL BUILDING // BELONGING WITH EACH OTHER

GOOD FRIENDS

Understanding what makes a good friend



SECURE RELATIONSHIPS

A secure relationship is a relationship where the people involved trust one another and feel safe together. Dr. Amir Levine, psychologist and author of *Attached*, identifies five core traits of a secure relationship:

Consistency

Reliability

Availability

Responsiveness

Predictability

DRAW THIS IN YOUR JOURNAL // SCRAP PAPER

NO

YES

1



2



3



4



5



REFLECTING ON A FRIEND

1. Does this person drift in and out of my life when they feel like it?

2. Is this person available to spend time with me?

3. Can I count on this person if I need something?

4. Does this person reply to my messages?

5. Can I count on this person to be predictable in how they act?

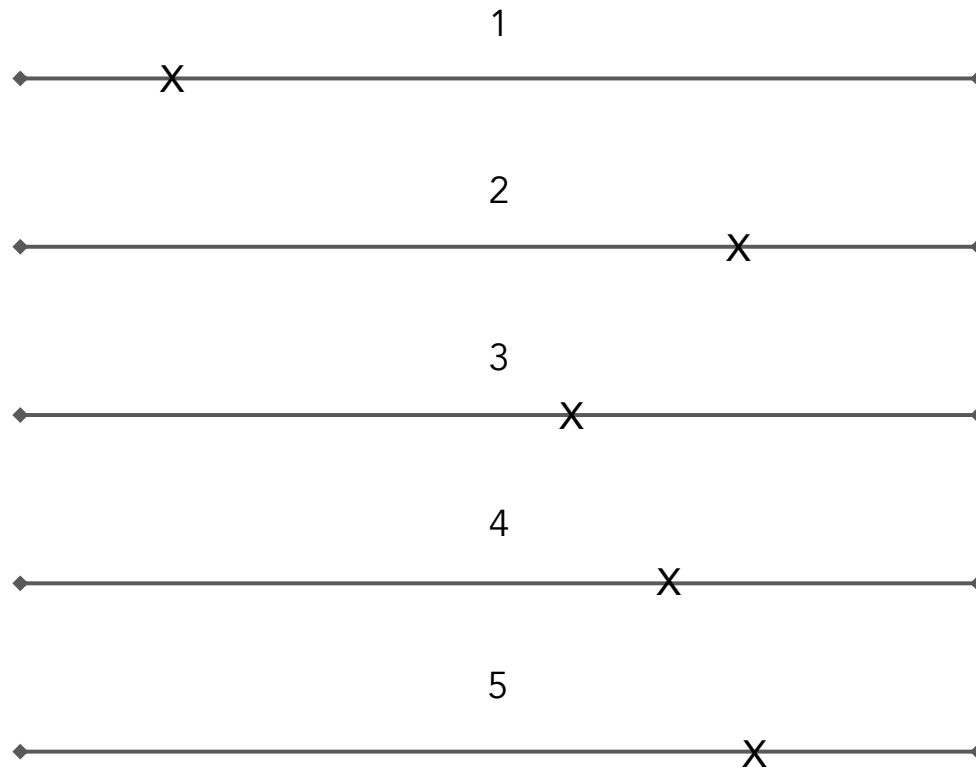
NO

YES

EXAMPLE

NO

YES



REFLECTING ON MYSELF

NO

YES

1. Do I drift in and out of this person's life when I feel like it?

2. Do I make myself available to spend time with them?

3. Can this person count on me if they need something?

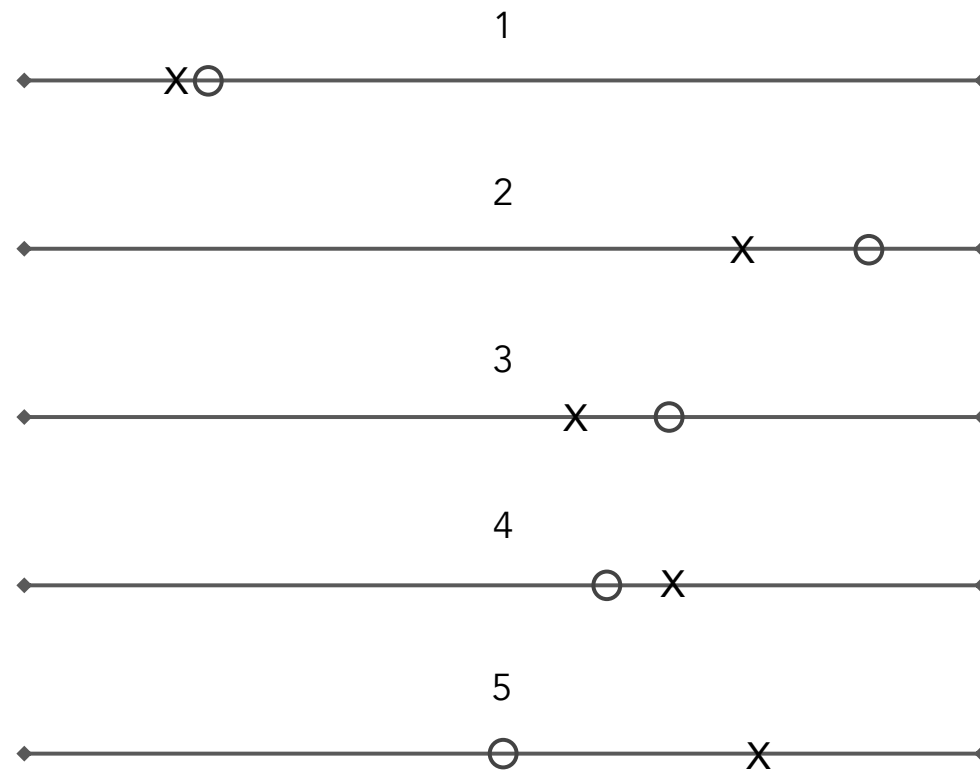
4. Do I reply to this person's messages?

5. Can this person count on me to be predictable in my behavior?

EXAMPLE

NO

YES



SKILL BUILDING // BELONGING TO THE WIDER WORLD

GOLDEN RECORD

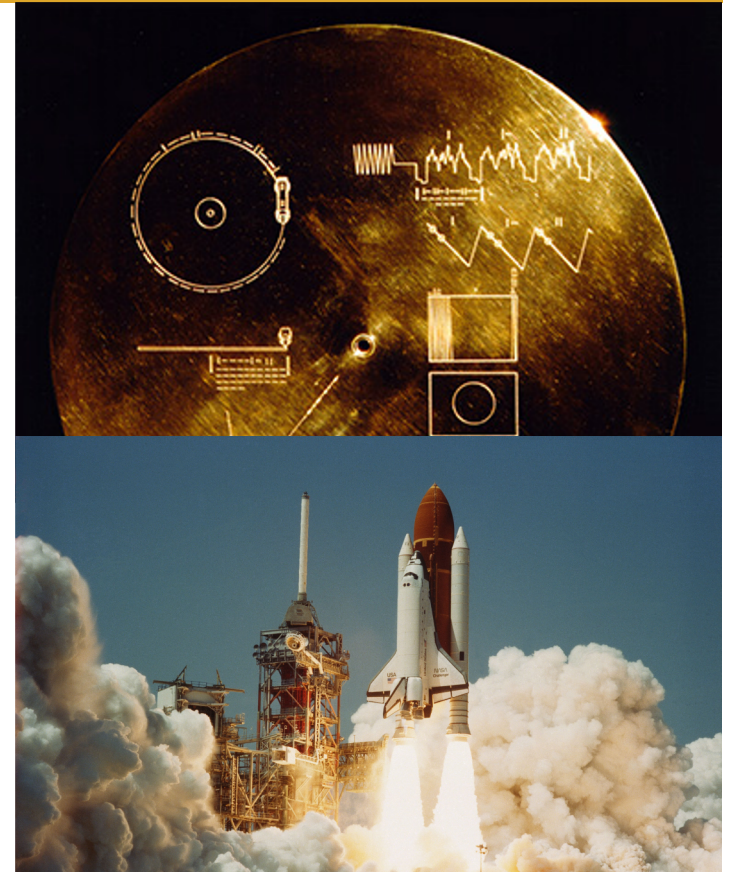
What will you leave behind



GOLDEN RECORD // BELONGING TO THE WIDER WORLD // TO HUMANITY

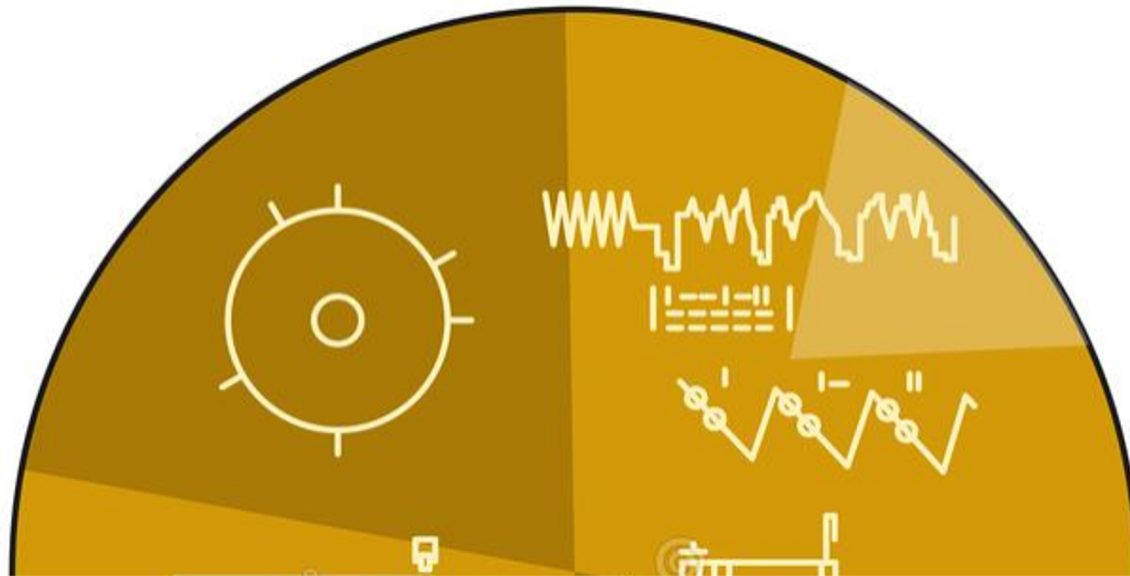
ABOUT // in 1977 NASA **launched** the voyager spacecraft with **two phonograph records** that contained **sounds** and **images** curated by United Nations to represent the diversity of life and culture on Earth.

The hope would be that one day extraterrestrial life would find it.



YOUR GOLDEN RECORD

What **words**, **sounds**, **images** would you use to represent:
You and your experience? Your culture? Your story?



QUESTIONS?

Reflecting and processing together



CLOSING RITUAL //

Reflecting and processing together



CLOSING RITUAL

SPARK,
STF
STF
Prom

ONE WORD
CHE

THANK YOU,
I'M SORRY,
I COMMIT TO...
Prompts

Invite each person to choose which of these they want to share:

Invite each person to choose which of these they want to share:

- + "THANK YOU..." – Someone or something you are grateful for (ex: *"I'm thankful to Praveen for sharing about his mom," "I'm grateful to Sarah for listening to my story today"*)
- + "I'M SORRY..." – Something you would like to apologize for (ex: *"I'm sorry I was late to class," "I'm sorry I wasn't paying attention when others were speaking"*)

Later in the year, consider including:

- + "I COMMIT TO..." – An intention you have for the upcoming week or next class (ex: *"This week I commit to be kind to other people," "Next class, I commit to sharing something new about myself"*)

THANK YOU!



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