SESSION 3 //
Belonging in the Wider World
YOUR GUIDE

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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?

Invite each person to describe how they are doing using a weather metaphor.

Ex: “I’m feeling stormy”
“I’m feeling like there’s a bright blue sky, but strong winds coming from the horizon”
“I’m feeling like there is a big cloud overhead and it is about to start thundering”
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 //
LISTEN TO EACH OTHER
   Be present and listen to others
   Respond, don’t react
   Try to find comfort in silence

BE KIND TO EACH OTHER
   Try not to judge yourself or others
   Respect other people’s journeys
   Speak from the “I” perspective

LEAN INTO DISCOMFORT
   Take risks and lean into discomfort
   Try new ways of thinking and doing
   Don’t be afraid to ask questions

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

1. feel that YOU BELONG
2. know what is MEANINGFUL TO YOU
3. know what YOU CARE ABOUT IN THE WORLD
4. learn how to ACT WITH PURPOSE
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.
Belonging means building meaningful, compassionate relationships with ourselves, other people, and the wider world we are part of.
SCAFFOLDING BELONGING

BELONGING WITH OURSELVES

BELONGING WITH EACH OTHER

BELONGING WITH THE WIDER WORLD
WHY IS IT IMPORTANT?

- self esteem
- self efficacy
- stress management
- participation
- motivation + achievement
- life satisfaction

GOOD FRIENDS
Understanding what makes a good friend
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?
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?
GOLDEN RECORD
What will you leave behind
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.
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

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

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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