

Name: _____

Date: _____

Daily Connection Practice

Part 1: Recognize My Connections

Read each question about your day and check the box that matches your answer.

	Connection Activity	Yes	Not yet
1.	I spoke to at least one person today.		
2.	I told someone how I am feeling.		
3.	I let someone help me today.		
4.	I reached out to a friend.		

Part 2: Reflect on My Day

Answer each question about how you felt today.

1. What is one thing you did today that made you feel seen?

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2. Who is one person you talked to today?

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3. How did it feel when you shared a feeling with someone?