

Practitioner and Parent Practice



Feeling Connected: A writing exercise
to foster connection and kindness.

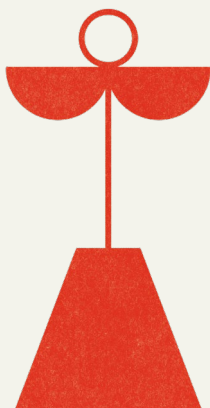
Time Required: 10 minutes

First, try this step-by-step activity for yourself and then guide the parents you support through the practice. During and after the activity, take a moment to pause and notice your thoughts, sensations, and feelings. Guide the parents you work with in doing the same.



Why you should try it

Humans have a strong drive to be kind, but that drive is usually stronger when they feel connected to other people. This exercise asks you to think about a time when you felt a strong connection to another person and describe the experience in writing. Research suggests that reflecting on feelings of connection can increase people's motivation to help others. Helping others can, in turn, increase happiness and improve relationships.³²



Why it works

Feeling connected to others is a fundamental psychological need. When people feel connected and cared about, they can better spend energy helping and caring for others. By reflecting on times when you've felt a strong connection with others and striving to cultivate more of these experiences, you are fueling your drive to practice kindness and compassion.

How to do it

- 1** Think of a time when you felt a strong bond with someone. Choose a specific experience with this person that made you feel especially close and connected. This could be when you had a meaningful conversation, gave or received support, experienced a great loss or success together, or witnessed a historic moment together.
- 2** Write a short paragraph about what happened. In particular, consider how this experience made you feel close and connected to the other person.