

Connectedness Worksheet

Learning Intention: We will be able to explain how connectedness enhances one's wellbeing.

ACTIVITY 1

1. List all the extra curricular activities you participated in at primary school. Eg sports

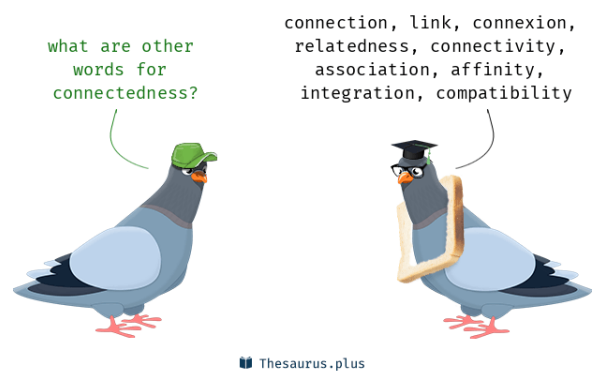
2. Using your responses above, create a mindmap with school activities in the middle bubble. You might like to group these into sports, drama, musicals, religious occasions etc.

You might like to use LucidChart, bubbl.us or other application to create your mindmap.

[Insert your mindmap here](#)

ACTIVITY 2

3. **Think:** about some extra curricular activities you could get involved in at St John Paul II Catholic College. List them below:



Pair: share your ideas with your 'elbow' partner

Share: with your table group or the class the different activities you have come up with.

4. List 5 things you would like to get involved in as part of your time at St JP II.

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ACTIVITY 3

5. Get ready to make some decisions and move around the room.
There are 4 corners in this classroom, each of them representing a different option (strongly agree, agree, disagree or strongly disagree).

ACTIVITY 4

6. In groups of 4, assigned by your teacher you will be given a [Scenario](#).
Based on your scenario, your group will have time to write a script for a role play. Your script should include the characters' names, setting and what each person is doing or saying.
You might create a shared Google Doc, so everyone can edit and contribute.
Present your role play showing how to help others **feel more included**.

ACTIVITY 5

7. Reflect on the connectedness lesson by privately writing **ONE** or more extracurricular activities you may like to try and a plan how you could become involved in while at St JP II Catholic College

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ACTIVITY 6

8. After watching the [YouTube - Family and Kinship video](#) to gain insight into the Indigenous view of kinship

Think: Think about the connections you have to people in your life, family or friends. List them below:

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Pair: Share with your elbow partner.

Share: Join with another pair and brainstorm how these relationships help enhance your wellbeing.

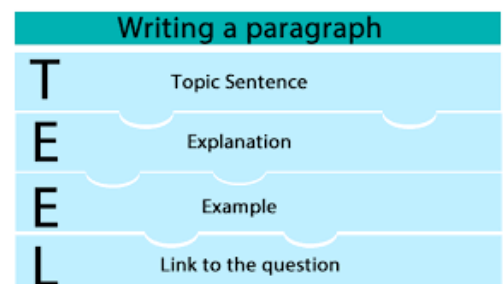
9. Use your brainstorm from earlier to help you write your paragraph to answer the question: **How does connectedness enhance your well being?** Your teacher will structure a TEEL paragraph for you.

T - Topic Sentence

E - Explanation

E - Example

L - Link to the question and topic sentence



Here are some sentence starters you may like to use:

Connectedness helps us to ...

- *We have learned that connectedness ...*
- *It is obvious that connectedness ...*
- *Helping people feel connected ...*
- *Feeling connected is important because ...*

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