Westside Well-Being

Adult Resilience Curriculum (ARC)—Module 5: Connection

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| **Preparation** | |
| **People (1 team, or 1 practice partner):**  Organize into your teams, if you are completing ARC as a team or with your school  OR  Get comfortable wherever you are (home, classroom, etc.) |  |
| **Review:**  Reflect on content from the previous module   * If you are completing modules in order, the previous module was on **Mindfulness** * Review Mod 4 discussion questions with yourself, your team, or your practice partner to guide the review. |  |
| **Materials (7 items):**  Download the following resources:   * Building a mentorship * Coals and Diamonds * Establish-Maintain-Restore Guide Intro * Fill a bucket * Module 5 PostSession Discussion questions * Well-being individual action planning * Module 5 Resources |  |
| **Prepare:**  Put aside distractions temporarily and set an intention to yourself by answering the question, “Why are you participating in the module?” |  |
| **Module 5: Connection** | |
| **Knowledge:**  Watch the Module 5: Connection video (24:35) |  |
| **Knowledge Check:**  By yourself, with your practice partner, or with your team, complete the knowledge check questions included in the Module 5 Post-Session Discussion Questions handout. |  |
| **Immediate Application:**  Select **at least 1** of the relationship activities to help introduce yourself to the concept or return to the practice if you are already familiar. |  |
| **Ongoing Practice & Experience:**  Complete the individual action plan by setting goals for one or more of the following:   * Creating and developing a mentorship * Using EMR techniques with your students (in person AND remote) * Finding small, feasible ways to reconnect with your community   **Tip:** The action planning worksheet is simple and yet backed by research because it helps us be aware of honest with our biggest barriers. The more specific the barrier, the more success. |  |
| **Feedback**  Complete the Westside Module 5 [Feedback Form](https://forms.office.com/Pages/ResponsePage.aspx?id=QImihGS0w0G6O7T6ZmW8BV9AaXeWFiJElVJTbA3w9oJUOTY3N1NMMDJYVzVXUUlVOFE3QVNMV0FJMSQlQCN0PWcu) |  |