



The Connection Practice with a Partner Instructions (MB)

Lesson 6

Only use dry erase markers on the Connection Practice Board.
Each step in the instructions matches that step on the Board.

Speaker

Listener

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| 1 | <p>Share a challenge or celebration aloud and then write it down in a few words. Start with the word “When ...” and continue describing what happened.</p> <p>(If you want to share something about someone your classmates know, you would have to get their permission first.)</p> | Listen with an open heart. |
| 2 | <p>a) Choose a feeling magnet and say to the Listener, “I felt _____” and move the magnet into place.</p> <p>b) Continue to choose feeling magnets in this way until complete.</p> | Listen with empathy. |
| 3 | | a) Look at the Speaker and make three guesses of his/her needs (met or unmet). |
| Each time the Listener says, “I’m guessing you needed “ _____” and moves the magnets into place, the Speaker just listens and doesn’t say whether the guess is right or wrong. | | |
| 4 | <p>b) Choose any other needs that apply and move the magnets into place.</p> <p>c) Identify the main need (met or unmet), say it out loud and put the magnet in the corresponding box on the Board.</p> | |

If another person is involved, go on to Step 5. If no one else is involved, go to Step 8.

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| 5 | a) The Listener helps the Speaker guess the feelings of the other person. | |
| | b) Move the magnets into place. | |
| (If a feeling is guessed that is the same as the Speaker’s , move it from Step 2 to Step 5.) | | |

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| 6 | a) The Listener helps the Speaker guess the needs of the other person. | |
| | b) Move the magnets into place. | |
| | (If a need is guessed that is the same as the Speaker's , move it from Step 3 or 4 to Step 6.) | |
| 7 | a) Guess the main need (met or unmet) of the other person, say it out loud and put the magnet in the corresponding box on the Board. | |
| | (If the main need of the Speaker is the same as the main need of the other person, write the other person's main need in the box provided.) | |
| | | b) Look at the Speaker and say, "It seems like your main need was _____, and his/her main need was _____. Is that right?" |
| | c) Confirm whether the Listener's statement seems right. | |
| 8 | | The Teacher or the Listener leads Quick Coherence aloud (see Manual MB): <ul style="list-style-type: none"> • Heart Focus • Heart Breathing • Heart Feeling of Appreciation |
| 9 | | The Teacher or the Listener says nothing more. |
| | a) Quietly achieve coherence, then silently ask, "What do I need to know?" and listen inside for an insight. | |
| | b) When the insight comes, share it with the Listener and then write it on the Board. | |
| 10 | The Speaker decides how to act on the insight, shares this with the Listener . The Speaker writes the action on the Board. | |