



The Connection Practice with a Partner Instructions (MCB)

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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| 0 | Draw what you use for coherence in Box 6. | |
| 1 | Share a challenge or celebration aloud. Optional: The Facilitator writes it down in a few words starting with the word "When ..." and continuing to describe what happened. (If you want to share something about someone your classmates know, you would have to get their permission first.) | Listen with an open heart. |
| 2 | a) Choose a feeling magnet and say to the Listener , "I felt _____" and move the magnet into place. b) Continue to choose feeling magnets in this way until complete. | 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. | |
| | b) Choose any other needs that apply and move the magnets into place. | |
| | c) Identify the main need (met or unmet), say it out loud and put the magnet on the Main Needs image in Box 3. | |

If another person is involved, go on to Step 4. If no one else is involved, go to Step 7.

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| 4 | 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 4.) | |

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| 5 | 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 to Step 5.) | |
| | Guess the main need (met or unmet) of the other person, say it out loud and put the magnet on the Main Needs image in Box 5. (If the main need of the Speaker is the same as the main need of the other person, draw the need next to the Main Needs image in Box 5.) | |
| | c) Look at the Speaker and say, "It seems like your main need was _____, and his/her main need was _____. Is that right?" | |
| | d) Confirm whether the Listener's statement seems right. | |
| 6 | Remember that you drew what you use for coherence in Box 6. | |
| 7 | | Teacher or the Listener leads Quick Coherence aloud (see Manual MCB): <ul style="list-style-type: none"> • Heart Focus • Heart Breathing • Heart Feeling of Appreciation |
| 8 | | a) The Teacher says: Now ask your heart, "Is there anything else my heart wants to tell me?" |
| | b) Listen quietly for the answer. | |
| | c) When the insight comes, share it with the Listener and then write or draw it on the Board in Box 8. | (give a few moments for silence, listening within and drawing the insight) |
| 9 | | a) The Teacher says: Draw your action plan in Box 9 on your Board. What do you want to do now that you have an insight about your situation? |
| | b) Decide how you want to act on your insight, share this with the Listener , and draw the action plan on the Board. | |