



## Feelings & Needs Activity Instructions – Lesson 1 (MB)

Only use dry erase markers on the Connection Practice Board.

### Speaker

### Listener

1	<p>Briefly share a personal challenge that led to a negative feeling and write it down in a few words on the Connection Practice Board. Start with the word “When...” and continue describing what happened.</p> <p>For example, “When Peter took my book...”</p> <p>(If you want to share something about someone your classmates know, you would have to get their permission first.)</p>	<p>Listen with an open heart. Help the Speaker zero in on the trigger moment.</p>
2	<p>a) Choose a feeling magnet from the Feelings &amp; Needs Board and say to the <b>Listener</b>, “I felt_____.”</p> <p>b) Put the magnet on the Connection Practice Board where it says, “My Feelings.”</p> <p>c) Continue to choose feeling magnets in this way until complete.</p>	<p>Listen with empathy.</p>
3		<p>a) Choose a need magnet from the Feelings &amp; Needs Board and says to the <b>Speaker</b>, “I’m guessing you needed_____.”</p>
	<p>b) Listen and don’t say whether the guess is right or wrong.</p>	<p>c) Put the magnet on the Connection Practice Board where it says, “My Needs.”</p>
		<p>d) Continue with two more guesses of the <b>Speaker’s</b> needs.</p>
4	<p>Choose any other needs that apply and put the magnets under “My Needs.”</p>	
5	<p>Identify the main need aloud and put it in Box 4 on the Connection Practice Board.</p>	



## Feelings & Needs Activity Instructions – Lesson 2 (MB)

Only use dry erase markers on the Connection Practice Board.  
Do steps 1-5 from Lesson 1 and then complete steps 6-10 below.

### Speaker

### Listener

6	a) Work with the <b>Listener</b> to guess the feelings of the other person.	Work with the <b>Speaker</b> to guess the feelings of the other person
	b) Move the feelings magnets to the Connection Practice Board where it says, "His/Her Feelings."  If a feeling is guessed that is the same as the <b>Speaker</b> , move it from Step 2 to Step 5.	
7	a) Work with the <b>Listener</b> to guess the needs of the other person.	Work with the <b>Speaker</b> to guess the needs of the other person
	b) Move the needs magnets to the Connection Practice Board where it says "His/Her Needs."  If a need is guessed that is the same as the <b>Speaker</b> , move it from Step 3 or 4 to Step 6.	
8	Guess the main need of the other person and put that magnet in Box 7 on the Connection Practice Board.  If the main need of the <b>Speaker</b> is the same as the main need of the other person, write the other person's main need in Box 7.	
9		Look at the <b>Speaker</b> and say, "It seems like your main need was _____, and his/her main need was _____. Is that right?"
10	Confirm whether the <b>Listener's</b> statement seems right	