



Feelings & Needs Activity Instructions – Lesson 1 (MCB)

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; the Facilitator writes it down in a few words on the Connection Practice Board starting with the word “When...” and 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 & Needs Board/s and say to the Listener, “I felt_____.”</p> <p>b) Put the magnet in Box 2 on the Connection Practice Board.</p> <p>c) Continue to choose feeling magnets in this way until complete.</p>	<p>Listen with empathy.</p>
3	<p>b) Listen and don’t say whether the guess is right or wrong.</p>	<p>a) Choose a need magnet from the Feelings & Needs Board/s and says to the Speaker, “I’m guessing you needed_____.”</p> <p>c) Put the magnet in Box 3 on the Connection Practice Board.</p> <p>d) Continue with two more guesses of the Speaker’s needs.</p>
4	<p>Choose any other needs that apply and put the magnets in Box 3.</p>	
5	<p>Say the main need aloud and put the magnet on the Main Needs image in Box 3 on the Connection Practice Board.</p>	



Feelings & Needs Activity Instructions – Lesson 2 (MCB)

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	Work with the Listener to guess the feelings of the other person.	Work with the Speaker to guess the feelings of the other person
	<p>Move the feelings magnets to Box 4 of the Connection Practice Board.</p> <p>If a feeling is guessed that is the same as the Speaker, move it from Box 2 to Box 4.</p>	
7	Work with the Listener to guess the needs of the other person.	Work with the Speaker to guess the needs of the other person
	<p>Move the needs magnets to the Box 5 of the Connection Practice Board.</p> <p>If a need is guessed that is the same as the Speaker, move it from Box 3 to Box 5.</p>	
8	Guess the main need of the other person and put that magnet on the Main Needs image in Box 5 on the Connection Practice Board.	
	<p>If the main need of the Speaker is the same as the main need of the other person, draw or write the main need next to the Main Need image in Box 5.</p>	
9		Look at the Speaker and say, “It seems like your main need was _____, and his/her main need was _____. Is that right?”
10	Confirm whether the Listener’s statement seems right.	