

ACTIVITY 1

Connection quotations

This activity encourages students to look at references to connection in popular culture and literature and explore the advantages and disadvantages of connecting with others.

NB: Be particularly aware of care-experienced students, adopted students and those in kinship care during this activity, and students who may have limited contact with parents or other family members.

"Only connect! That was the whole of her sermon. Only connect the prose and the passion, and both will be exalted, and human love will be seen at its height. Live in fragments no longer."

EM Forster

"We humans are social beings. We come into the world as the result of others' actions. We survive here in dependence on others. Whether we like it or not, there is hardly a moment of our lives when we do not benefit from others' activities. For this reason, it is hardly surprising that most of our happiness arises in the context of our relationships with others."

The Dalai Lama

"Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality."

Martin Luther King Jr.

"No man is an island entire of itself; every man is a piece of the continent, a part of the main."

John Donne

"The whole is greater than the sum of its parts."

Aristotle

"To the world you may be one person, but to one person you may be the world."

Dr. Seuss



ACTIVITY 1 **Continued**

- Divide the class into groups to discuss the quotations above. Each group could take one quote each, or you could ask them to work through each of the quotations.
- Pose different questions for the students to discuss around these quotations, for example:
 - What is the message in each of the quotations?
 - What are the advantages of connecting with others?
 - What are the effects of connecting with others on our mental health?
 - What are the disadvantages of connecting with others?
 - What happens when we feel disconnected from others?
 - Who in our school community might feel a lack of connection with others?
 - How can we make our school feel more connected and inclusive?
- Ask students to present back some of their answers and thoughts on the quotations.



This activity is designed for 14-18 year olds, but could be used with other age groups too.