

Connection Reflection Activity: "The Moments That Mattered"

Because connection isn't always loud... sometimes it's just a moment you didn't realize you needed.

The Idea

Instead of asking "Did you connect this week?"

We help kids and teens notice the moments they already did.

This builds awareness, gratitude, and emotional intelligence without pressure.

Why This Works

- Helps reframe "I'm alone" → "I had moments of connection"
- Builds self-awareness (huge for mental health)
- Reinforces that small moments = real connection
- Accessible for all personalities (introverts included)

THE ACTIVITY

Prompt:

Think back on your day (or week)...

What was one moment you felt connected to someone?

Guided Reflection (Choose 1–3)

- Who were you with?
- What were you doing?
- How did it make you feel?
- What made that moment meaningful?
- Do you want more moments like that?



Continued...

CHOOSE YOUR STYLE (IMPORTANT FOR ENGAGEMENT)

Option 1: Write It

Short and simple:

"I felt connected when _____ because _____."

Option 2: Draw It

- Sketch the moment
- Use colours to show feelings
- Add symbols (hearts, lines, light)

Option 3: Say It (Teen-Friendly)

- Record a voice note
- Keep it private or share with someone

Option 4: Capture It

- Take a photo that represents connection
- Add a caption

EXAMPLES (TO MODEL WITHOUT PRESSURE)

- "When my friend waited for me after class"
- "Watching a show with my mom"
- "Laughing at something random"
- "Someone texting me first"

BONUS STEP: BUILD ON IT

Can you recreate that feeling again?

Encourage:

- Reaching out to that person
- Repeating the activity
- Noticing patterns

