

CharacterPlus®

great "character goes the distance"

THE CHARACTER SERIES



con·nect·ed·ness

noun. The state of being joined or linked; a feeling of belonging to or having affinity with a particular person or group.

Human beings are inherently social creatures. As far back as we can trace, humans have traveled, hunted, and thrived in social groups and for good reason. Humans who were separated from their tribe often suffered severe consequences. Social groups provide us with an important part of our identity, and more than that, they teach us a set of skills that help us to live our lives. Feeling socially connected, especially in an increasingly isolated world, is more important than ever. The benefits of social connectedness shouldn't be overlooked.

~from [Mindwise Innovations](#)

ACTIVITIES

We would love to see how you do these with your family!

Tag us on Facebook or Twitter @characterplus

CHAINS AND LINKS (Elementary-Adult)



If you didn't see the welcome video on our website from Joe Beckman, make sure you check out this video of his

called [Chains and Links](#). The story Joe tells will help you remember the importance of being there for each other in a time of need, and prompt some conversation about whether you are a chain maker or a link!

Joe has made this video, and many others (along with lesson plans and additional resources!) available for free at the Human Connection Hub! For parents, [click here](#). For teachers, [click here](#).

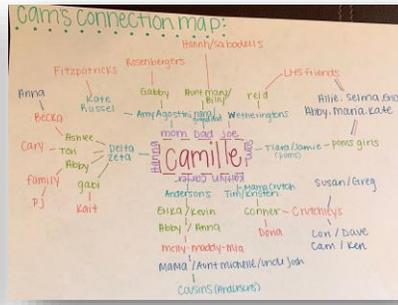
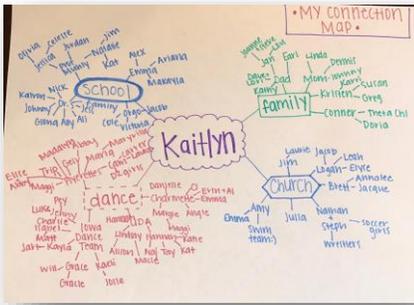
MAKE A CHAIN (Early Childhood-Adult)

Paper chains are popping up in lots of places! Make a paper chain to track how many good deeds you're doing as a family to help others in your community, or even to just keep track of how many days you've been socially distancing together, helping to keep your community safe. Another idea is to reach out to your loved ones via text or social media, and ask them to send you a quote, phrase, or spiritual inspiration that is helping them through this difficult time. Write that person's name and whatever they send you on a strip of paper, and make a chain out of it as a visual reminder that we're all in this together!

TAKE PART IN A NEW FILM! (Early Childhood-Adult)

Let It Ripple is creating a new film about Connectedness during this unprecedented time, and you can be a part of it! [Instructions can be found on their website](#).

CONNECTEDNESS MAP (Early Childhood-Middle School)



How many people are you connected to? It's WAY more than you realize! There are several ways to structure this, but [InspireED](#) recommends you scatter the names of loved ones on a blank piece of paper. From there, branch out and write all the people you know because of that person. You'll quickly realize how many

people you have a connection with! Or, choose an area of your life, and think of all the connections you have because of that place or structure.

Social distancing can be hard for children and teens to fully comprehend. Seeing how many people with whom they have a connection may help illustrate the importance of what we're all doing right now.

MOSAIC CHALK ART (Early Childhood-Adult)

Create a community piece of art right on your driveway or sidewalk! Using painter's tape, mark out a large heart shape, and create mosaic sections inside the heart. Post on your neighborhood social media page or app, letting neighbors know you've created this. Ask them to bring a piece of chalk on their next walk, and fill in one of the sections.



Photo credit: [Whisking Mama](#) on Facebook



ADDITIONAL RESOURCES

[Mindwise Blog on Connectedness and Health](#)

[The Power to Change Your Life: Ten Keys to Resilient Living by Dr. Robert Brooks](#)

(item 6 on his list is all about connection!)