



A PK-6 Lesson on Building Relationships, Personal Growth, and Professional Skills



Introduction for the Facilitator

This lesson is designed to help PK–6 students understand the power of **human connection** and how our relationships can become one of our greatest strengths in life. Whether it's a classmate, a teacher, a friend, or a family member, the way we connect with others helps shape the way we learn, grow, and reach the lifestyle goals we dream about, whether those goals are bold and ambitious or quiet and cozy.

When we build strong, kind, and consistent relationships, we begin to develop what we call a **personal competitive advantage**: the unique set of qualities and habits that help each of us succeed in our own way. One of the most important parts of that advantage is how well we **connect with others**, show care, and lift people up.

This lesson teaches **human connection** as a professional skill that is often overlooked but is essential to thriving in school, life, and future work.

This lesson is built for grades PK–6 and includes:

- **A Social Story** that makes the concept relatable
- **8 Group Discussion Questions** with follow-up prompts
- **8 Journal Prompts** to inspire writing or drawing
- **10 fun and impactful classroom Activities**
- **A printable, reflective Worksheet** for student application and reinforcement

Let's help our students see that human connection is not just a nice-to-have; it's a **professional skill** that strengthens every other part of life.



Social Story: *The Power of One “Hello”*

Jordan had just moved to a new school. Everything felt different. The lunchroom was louder, the playground had new games, and the classrooms had bright posters Jordan had never seen before.

On the first day, Jordan sat alone during recess. That’s when another student named Priya noticed. “Hey! Want to play four square?” she asked with a big smile. Jordan nodded, surprised and grateful.

From that one “hello,” things started to change. Jordan and Priya became friends. Soon after, Jordan got to know others too—Miguel from music class, Aaliyah from the art room, and Kai from the library. Little by little, Jordan began to feel part of something.



What Jordan didn’t realize at first was how those small moments of connection were doing something big: they were helping build **confidence, support, and joy**. Jordan began helping others feel included too. One day, when a new student looked nervous at lunch, Jordan smiled and said, “Want to sit with us?”

That moment mattered. And it all started with a simple hello.

Every time we reach out, help, or connect with someone else, we’re not just being kind. We’re building a **human connection** that strengthens who we are. That’s how we grow. That’s how we become the kind of person others can count on. And that’s part of our **personal competitive advantage** that helps us reach our goals, big or small.

This is how we build one of the most important **professional skills** we’ll ever need: working well with people.



Group Discussion Questions

1. **How do you feel when someone includes you in a game or conversation?**

Follow-up: What can you do to help others feel that way too?

2. **Why is it important to be a good listener when someone talks to you?**

Follow-up: How does being a good listener help build connection?

3. **What’s something kind someone has done for you recently?**

Follow-up: How did it change your day?

4. **Who is someone you trust to help you when things feel hard?**

Follow-up: How did you build that connection with them?

5. **What does it mean to be a good teammate or classmate?**

Follow-up: What can you do to show people you care about them?

6. **How can strong relationships help you reach your dreams?**

Follow-up: What relationships in your life now can help you make those dreams come true?

7. **What happens when we ignore or forget to include others?**

Follow-up: How can we fix it if that happens?

8. **How does connecting with others help you grow your talents and skills?**

Follow-up: Can you think of someone who helped you get better at something?



Journal Prompts

(Students can write or draw their answers based on age and ability.)

1. **Draw or write about someone who makes you feel safe and happy. What do they do that makes you feel that way?**
2. **Describe or draw a time when someone helped you learn something new.**
3. **What does a great friendship look like to you? How can you be that kind of friend?**
4. **Write or draw one small thing you can do to connect with someone today.**
5. **Describe someone who inspires you. How do they connect with others in a positive way?**
6. **If you had a “Connection Superpower,” what would it help you do? How would you use it?**
7. **Write or draw about a time when you felt included. What made that moment special?**
8. **What’s one way you want to grow your personal competitive advantage by building stronger relationships?**



Activities

1. **Connection Bingo**
Create a bingo board with actions like “Helped a friend,” “Smiled at someone,” “Worked in a group,” etc. Students try to complete a line during the day or week.
2. **Compliment Circle**
In a circle, each student gives a kind compliment to the person on their right. This builds confidence and connection.
3. **“Secret Supporter” Week**
Assign students a secret peer to encourage with small kind acts or notes throughout the week. Reveal at the end.
4. **Chain of Connection**
Students write kind actions on paper links and build a classroom connection chain. Watch it grow all week!
5. **“I Belong” Wall**
Each student decorates a card with their name and one way they make the classroom stronger. Display together.
6. **Team Challenge Game**
Cooperative games (like building a tower from blocks or passing a balloon without hands) that require teamwork and trust.
7. **Interview a Friend**
Pair students to ask each other simple get-to-know-you questions. Then, they introduce their partner to the class.
8. **Story Swap**
Students create a short story or picture about a time they felt connected. Then swap and share their partner’s story.
9. **Kindness Relay**
A relay race where each student completes a small act of kindness before tagging the next player.
10. **Friendship Recipe**
Students write or draw the “ingredients” of a great friendship, like trust, laughter, listening, and encouragement.



My Connection Power

Name: _____

Helpful Words:

- **Human Connection** = making other people feel seen, heard, and important
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Complete the reflection below by **writing or drawing** your answers. You can use words, pictures, or both.

Use the back of this sheet if you need more space.

1. **Someone I feel connected to is:**

2. **One way I can help someone feel included today:**

3. **When I connect with others, I feel:**

☐ Happy ☐ Brave ☐ Calm ☐ Inspired ☐ Other:

4. **My "Connection Superpower" helps me do these things:**

(Imagine yourself using your superpower to help someone)

5. **This is how I'll use my connection skills to grow my personal competitive advantage:**

6. **One lifestyle goal I care about is:**

7. **Connecting with others can help me reach it by:**