

CONNECTION RESOURCES & ANCHORS

SURVEY FOR STAFF AND FOR STUDENTS



1. Who are two people I trust?

2. Are there adults I trust at school?

3. When I am upset, worried, or anxious, who would I share these feelings with?

4. If I could connect or serve one of my colleagues or classmates, who would that be and how would I serve them?

5. If I could connect with someone who I want to learn from, who would that be?

6. If I could start or join a club/organization with someone, what could that be?

7. Are there animals that I connect with?

8. If I could imagine a favorite place (imaginary or real), what would that be like? What would it look like, sound like, smell like, and who would I prefer to be with or would I be alone?

9. What interests do I have?

10. If I created a list of people, places, or activities that create safety and excite me, what would those be?

