

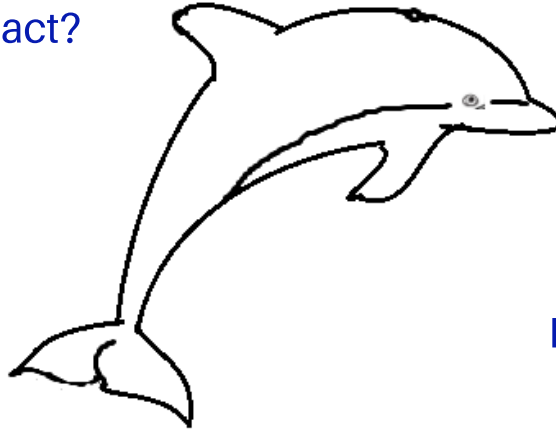
My Social Connections

Using Tiger, Jellyfish and Dolphin Metaphors to improve social connections

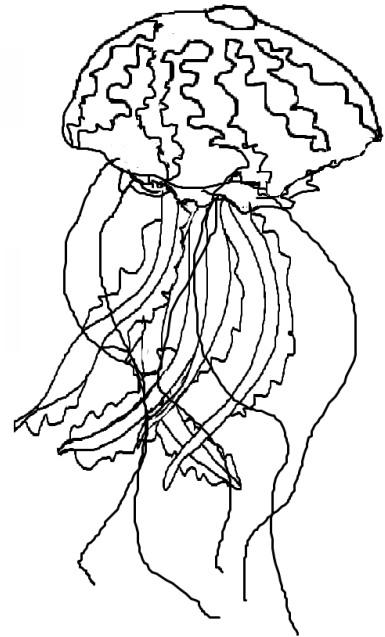
"When I have connected with somebody in a meaningful way,
that is good for me, and helps me look after myself."

-Dr. Shimi Kang

How does a dolphin act?



How does a jellyfish act?



How does a tiger act?



Extension Activity for your Family: Light up your home with gratitude

1. Set a goal to say thank you. Try to find things to say thank you for, even if you feel disappointed.
2. Be a dolphin and use kind words to say how you feel.