

WE'RE ALL CONNECTED

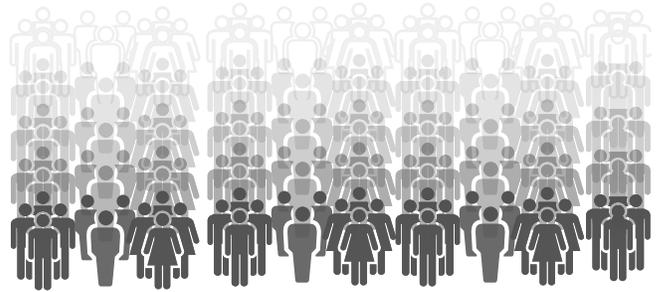
This activity asks you to think about some food or drink and imagine all the people who were involved in creating it and getting it to you. Did you know that you have many people to thank for the food and drink you have? Actually, if you look deeply at anything in your life, you can see a whole web of people who were involved in creating it and getting it to you. These people are all connected to you, even though you don't know most of them personally.

- 1** Remember something you recently ate or drank. Draw a simple picture of it in the center square.



- 2** What ingredients are in this food or drink? Where does it come from?

- 3** Imagine all the people who were involved in growing and harvesting the ingredients. Imagine all the people involved in making it. Then, think about all the people involved in getting it to you.



- 4** Around your drawing, write or draw and label as many people as you can who made it or got it to you. For example, a farmer, a delivery person, a factory worker.



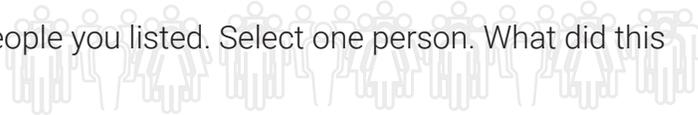
- 5** Look at all the people you added to your drawing. How are these people connected to one another and to you?



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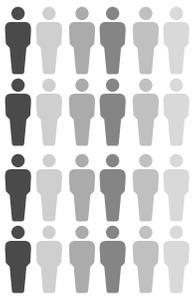
Look at your drawing of your food or drink and the people you listed. Select one person. What did this person do to get you the food or drink? Write a list.



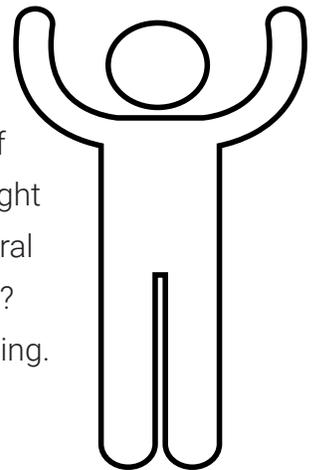
1.	5.
2.	6.
3.	7.
4.	8.



Even though you have probably never met one another, without this person you wouldn't be able to have your food or drink. If you met this person, how might you thank them?



Take a moment to consider that so many people have contributed to you having this food or drink. Their actions benefited you, even if they're far removed or didn't intend specifically to help you. You might feel some sense of gratitude towards them. What pleasant or neutral sensations do you notice in your body? What emotions do you feel? Use colors or words to mark on the body where you sense something.



TODAY'S CHALLENGE

You can repeat this reflection with different everyday objects. Challenge yourself to consider the many ways that we are connected to others. Notice if thinking about this leads to a feeling of gratitude, or a feeling of connectedness with others. Make a list of a few other objects you might focus on if you try this activity again.

1.	5.
2.	6.
3.	7.
4.	8.