



*Honoring our Interconnectedness: Care and Sacrifice*



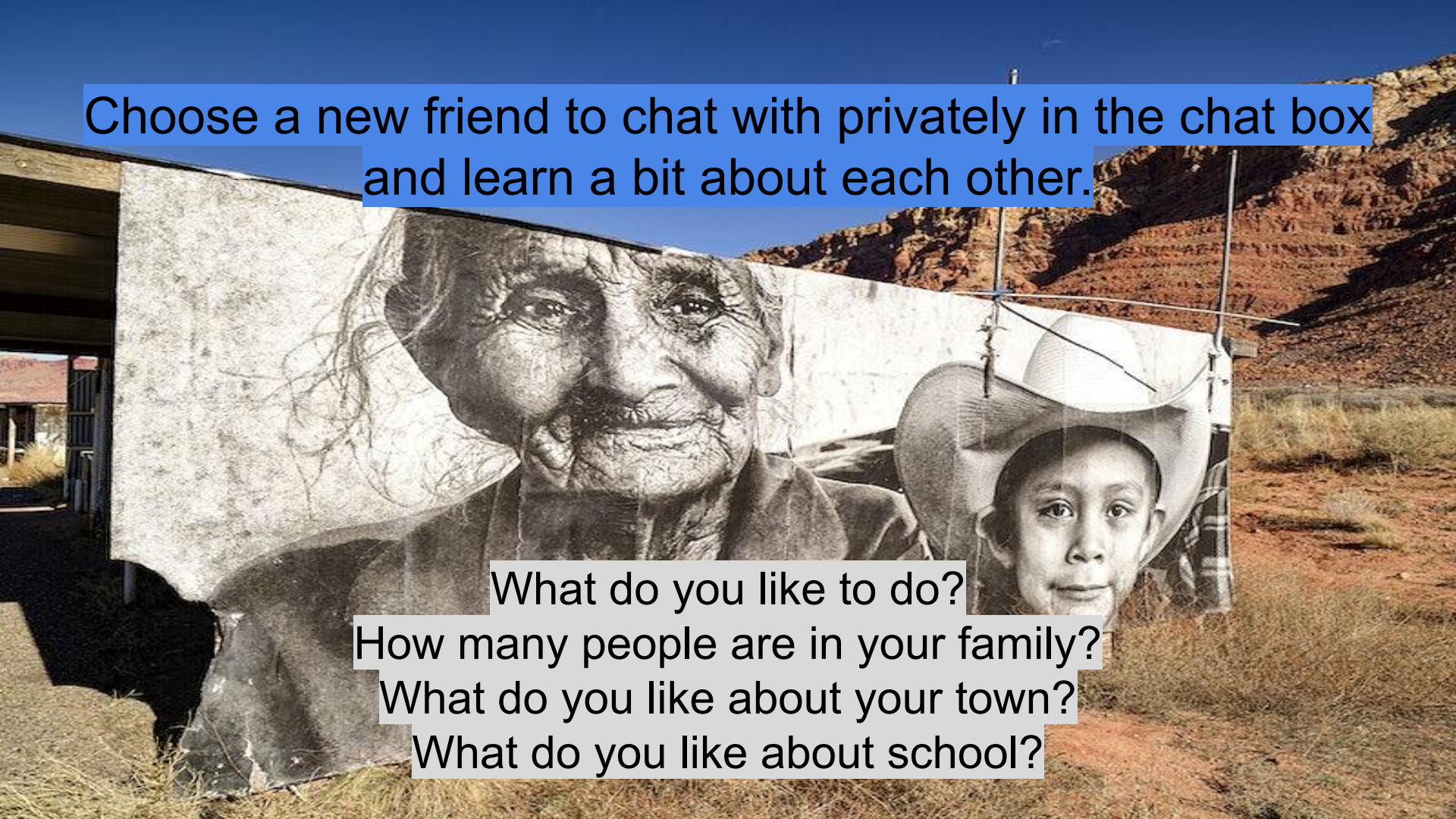
Choose a new friend to chat with privately in the chat box and learn a bit about each other.

What do you like to do?

How many people are in your family?

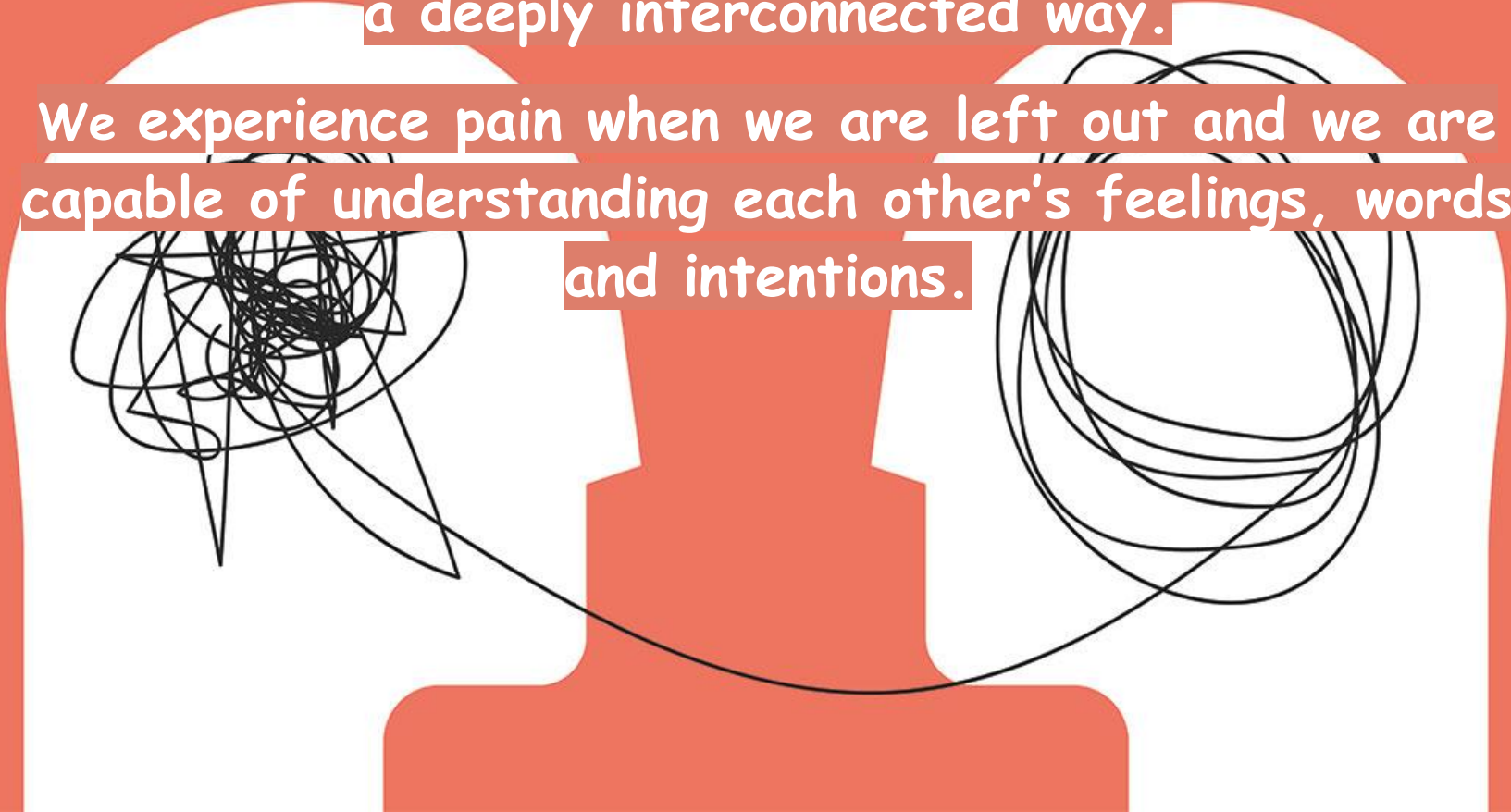
What do you like about your town?

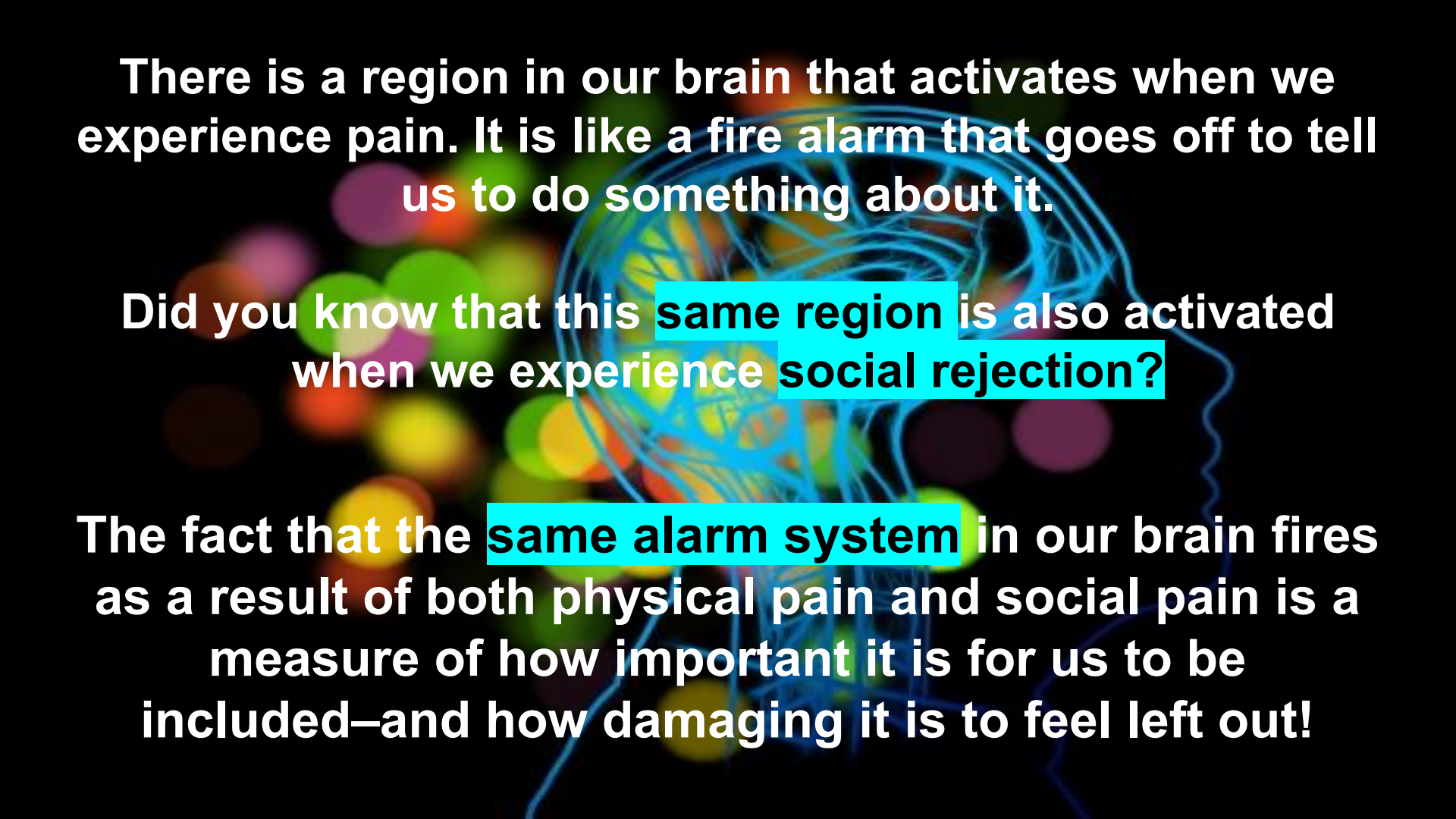
What do you like about school?



We not only evolved to be friendly but we also evolved in a deeply interconnected way.

We experience pain when we are left out and we are capable of understanding each other's feelings, words and intentions.



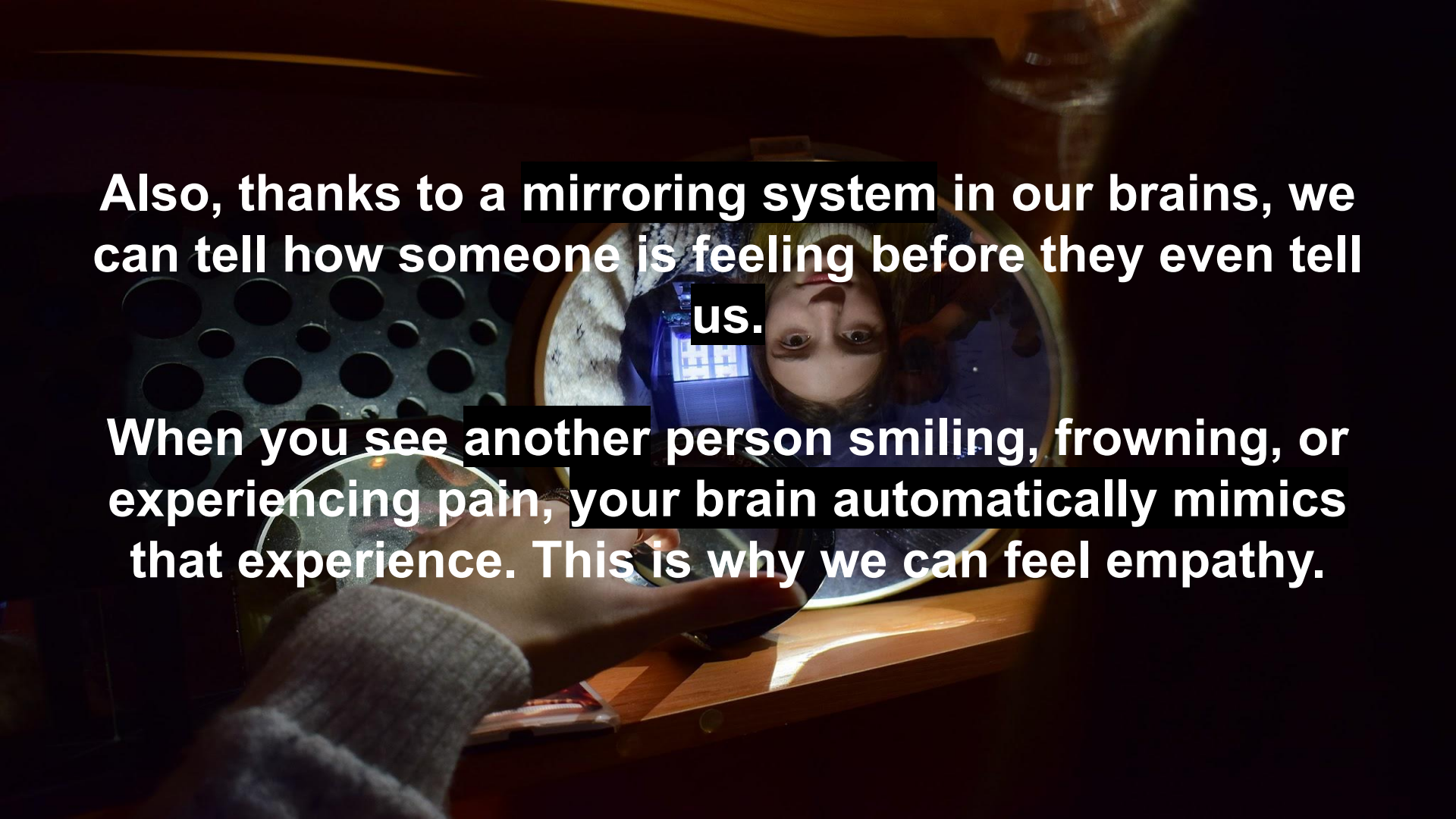


**There is a region in our brain that activates when we experience pain. It is like a fire alarm that goes off to tell us to do something about it.**

**Did you know that this same region is also activated when we experience social rejection?**

**The fact that the same alarm system in our brain fires as a result of both physical pain and social pain is a measure of how important it is for us to be included—and how damaging it is to feel left out!**



A woman with dark hair is looking out of a circular window. The window is set in a dark, industrial-looking structure with a perforated metal surface. The woman's face is reflected in the glass. The lighting is dim, with some light coming from the window and a small light source on the left. The overall mood is contemplative and somewhat somber.

**Also, thanks to a mirroring system in our brains, we can tell how someone is feeling before they even tell us.**

**When you see another person smiling, frowning, or experiencing pain, your brain automatically mimics that experience. This is why we can feel empathy.**

But though we experience pain when we are left out and can understand each other's feelings,

**We don't always honor our interconnectedness. Why?**

What does it actually take to care for each other?







A close-up photograph of a person's hand held palm up, with water dripping from it. The background is a blurred green, suggesting an outdoor setting with foliage. The overall mood is contemplative and serene.

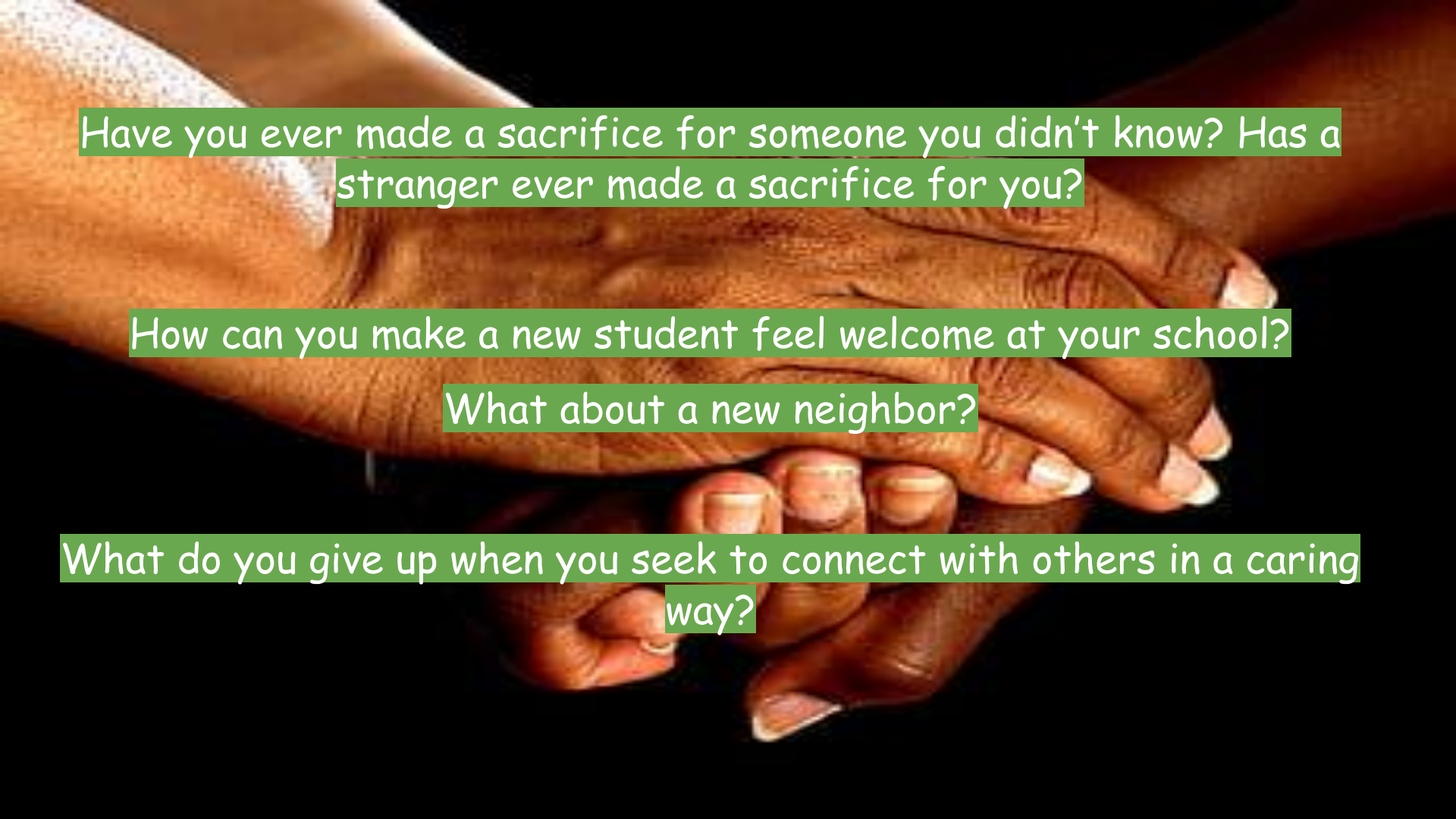
Imagine yourself in the place of this young man...

Why do you act this way?

What are you looking for?

How can you keep giving away the best things you have?





Have you ever made a sacrifice for someone you didn't know? Has a stranger ever made a sacrifice for you?

How can you make a new student feel welcome at your school?

What about a new neighbor?

What do you give up when you seek to connect with others in a caring way?



**PhotoSophia**  
**Poetry of Resistance**