

Handout 5 – Two-Week Connection Experiment Plan and Log

Choose a small behaviour you control.

You are not responsible for making another person respond positively.

Stop, change the plan or seek adult support if an interaction becomes uncomfortable or unsafe.

Experiment menu

- ASK – ask one genuine, task-related or interest-based question.
- OFFER – offer one specific skill or practical help; accept “no”.
- INVITE – create a clear, low-pressure invitation with an easy opt-out.
- JOIN – take part in one short activity using a manageable role.
- CO-WORK – arrange five to ten minutes of quiet side-by-side work.
- LEARN – ask someone outside your usual group how they approached a task.
- APPRECIATE – name one specific contribution and its benefit.
- ACCESS – ask an adult or group to add a quieter, written, accessible or alternative participation route.
- CHECK – ask before giving advice, sharing content, joining a conversation or continuing contact.

My chosen experiment	
When and where	
The benefit I hope to test	☐ learning ☐ enjoyment ☐ help ☐ perspective ☐ confidence ☐ calm ☐ shared accomplishment ☐ connection
My smallest controllable action	
Consent or boundary I will respect	
Participation mode / access support	
My backup plan if it is not a good moment	
A simple sign it helped	

Adult or resource I can use if support is needed	
I will try it three times by this date	

Three-experiment log

Try	What I did	Before energy 0–5	After energy 0–5	Benefit/evidence	Boundary or adjustment	Next step
1						
2						
3						

Anonymous pulse – circle one number

[illegible]

Statement	0	1	2	3	4	5
interaction format or set a boundary.						
Recent interactions have supported my learning or wellbeing.	○	○	○	○	○	○

Use the pulse before the session, immediately after, and at the two-week review. Report only anonymous group patterns. It is not a validated scale and does not replace the WELL³ Sensor.