



## Objectives

Students will be able to...

- Define support.
- Identify safe family and friends.
- Identify local supports and resources.

## Time Needed

- 20-45 minutes

## Materials

- Circle of Care activity sheet.
- Pen/pencil/marker

## Insider Tips

- This activity works best when you have a smart phone or laptop to search online for local resources.
- If you are stuck for ideas, try using the medicine wheel to identify different areas to fill up (eg. Mental, Spiritual, Emotional, and Physical)

# Kiizhawatsiwin- Circle of Care Activity

**Overview:** You will be able to create and identify your very own internal and external circles of support.

## Getting started:

### Centre Circle

1. First begin by putting your name in the centre of the circle.

### Middle Circle:

1. Identify family members.
2. Identify support people actively involved in your life (eg. Teachers, Education Assistant, community Elders, Social Worker, Respite Worker, Peers)

### Outer Circle:

1. Take some time to think about what types of resources you think are needed (\*see insider tips or ask for someone to help)
2. Identify resources and support services that you would benefit from.
3. Ask yourself if there is anything that you would like to learn about or be open to taking part in.