

My inner CIRCLE



Taps into: Students' social support group.
Resources needed: 2 sheets of A4 paper; colored pencils; scissors;
"My inner circle" activity sheet; "My most inner circle" activity
sheet on a flipchart paper; sticky notes..

Introduce the activity

Part 1. No man is an island. In most things we do in a regular day, we rely on people who are close to us, whom we can see as our inner circle. They are the people we want to share our thoughts, our feelings, our achievements but also our failures.

They are those who have our back, some at home, some at school, some in other areas in our lives. Our inner circle of people is our social support group, meaning the people who are there for us when we need them and who we can turn to for advice, a kind word, or just to be with in silence.

Part 2. How is our inner circle built? How are the people close to us connected? While we need to understand who these people are, it is also important to have a clear understanding, like a map, of how they are connected to support us.

Part 3. Now look at your Inner Circle. Who are the people at the core of your inner circle?

Do the activity

Part 1. Each of you received a piece of paper. First think about this: "Who are the people in my inner circle? Who has my back and is there for me when I need them?". Then, write down the names of the people you thought about.



Do the activity

Part 2. Now I will give each of you another sheet of paper. Draw on this paper as many circles as people you listed in your inner circle. Each circle should have a diameter of approx. 10 cm. If you need an additional sheet, let me know. Then cut out the circles and write down and/or draw in each circle a person you previously thought about.

Part 3. I am now giving each of you the “My inner circle” activity sheet. Please place your circles in planetary system you received. If more than one circle goes in the same place, it’s quite OK.

Part 4. Now we will look at who is in our most inner circle. I will put up the “My most inner circle” activity sheet. On a sticky note, each of you will name one person you put at that center of your personal inner circle and then place the note on the activity sheet.

Part 5. Now everyone has named one person who is in their most inner circle. Please group up in teams of 4 to 5 and discuss, based on your own nominations:

1. Who is the person you named? How are they related to you?
2. Why did you name this person? How are they there for you every time? What do they do and say? How do you feel around them?

Tips for teachers

Encourage students to take one or two minutes to think about what they like about their inner circle.

Explain why few people in our lives are there for us every time, no matter what we do. Some people are in our inner circle only in some parts of our lives (like your classmates who are also your friends) while others may be there all the time, like your parents or siblings.



Celebrate the activity

Look at your inner circle. Who is at the core of your inner circle?
Why did you place them there?

Take 1-2 minutes to look at your inner circle and think about these people. Are they family, classmates, friends? What do they do when they are there for you?

My inner circle Activity Sheet

