



# My inner CIRCLE!

Taps into: **Students' social support group**

Resources needed: 1 sheet of A4 paper

## INTRODUCE THE ACTIVITY

No man is an island. In most things we do in a regular day, we rely on people who are close to us, which 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.

## DO THE ACTIVITY

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 or draw (whichever you like better), the people you thought about.

## CELEBRATE IT!

Pick a classmate and ask them who is the most important person for them from their inner circle and why. Then you can share this information with your classmate.

## TIP FOR TEACHERS

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



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