

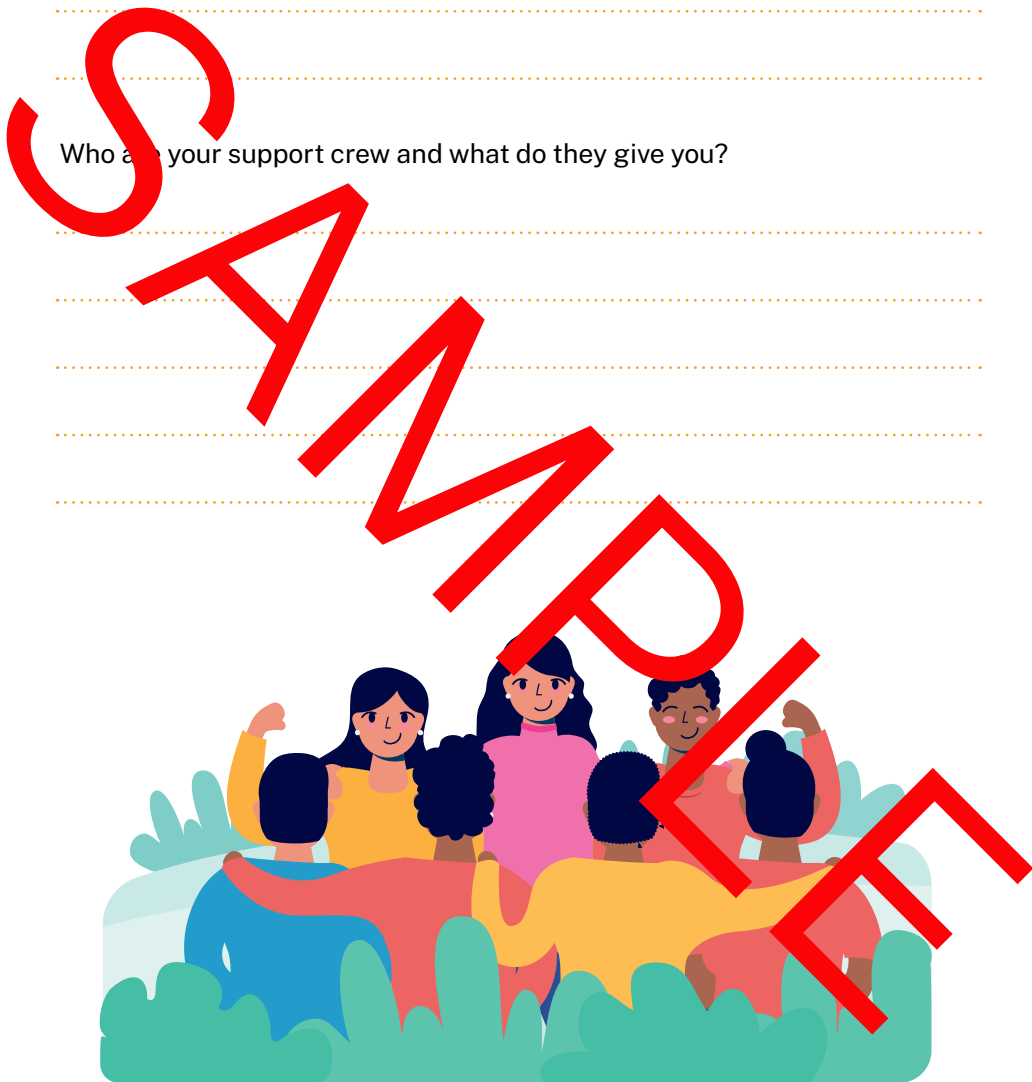
# Lesson 2.1

## CIRCLES OF STRENGTH



Who are you most grateful for?

Who are your support crew and what do they give you?



# Lesson 2.1

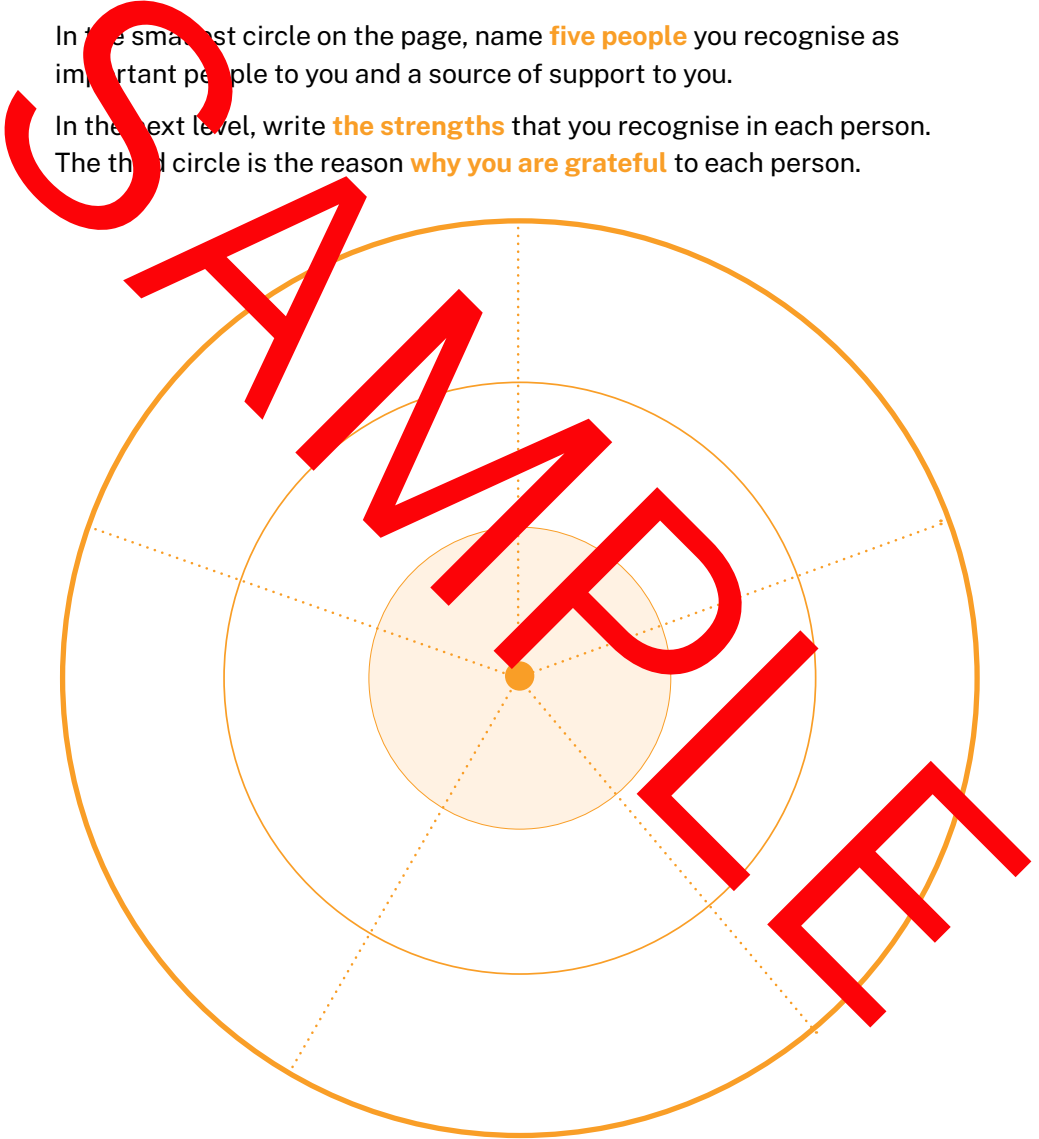
## CIRCLES OF STRENGTH

### Target

#### Complete the 'target'.

In the smallest circle on the page, name **five people** you recognise as important people to you and a source of support to you.

In the next level, write **the strengths** that you recognise in each person. The third circle is the reason **why you are grateful** to each person.



# Lesson 2.2

## APPRECIATION FOR OTHERS



My class is grateful for me because....

.....

.....

.....

### Journal Entry

Three things I am grateful for today:

1. ....
2. ....
3. ....

SAMPLE

