

Circle of support

KS 3

25mins

An activity to develop individual support plans

What you need

- Circle cards (sufficient for each person)
- Options cards could be used to provide ideas for local and national organisations
- Five ways to wellbeing list

Method

- As a class generate examples of the sorts of activities, people and organisations that might be included in a circle of support, looking at each area in turn.
- **What I can do for myself** - Refer to 5 ways to wellbeing. Examples might include; listen to music that makes you smile, spend time with friends, pets, exercise outside, get creative, notice things around you etc.
- **Friends I can count on and adults/family I can trust** - Can include named people.
- **Local organisations** - May include organisations like Off the Record and specific support services such as Young Carers Service,
- **National Organisations** - May include organisations that offer support across a range of issues as well as support around specific issues. E.g. ChildLine, The Site, National Self Harm Network, BEAT etc. (Partially Completed example below)
- Next create personal circles, working individually or working with a friend





- **Connect....**
With friends and family
- **Be Active**
Go for a walk/run and get out in the countryside
- **Take Notice**
Savour the moment
- **Keep Learning**
Try something new
- **Give**
Do something nice for someone else



