

SEL & Trauma-Informed Activities for Students



My CIRCLE OF COURAGE Book

Student Activity Book

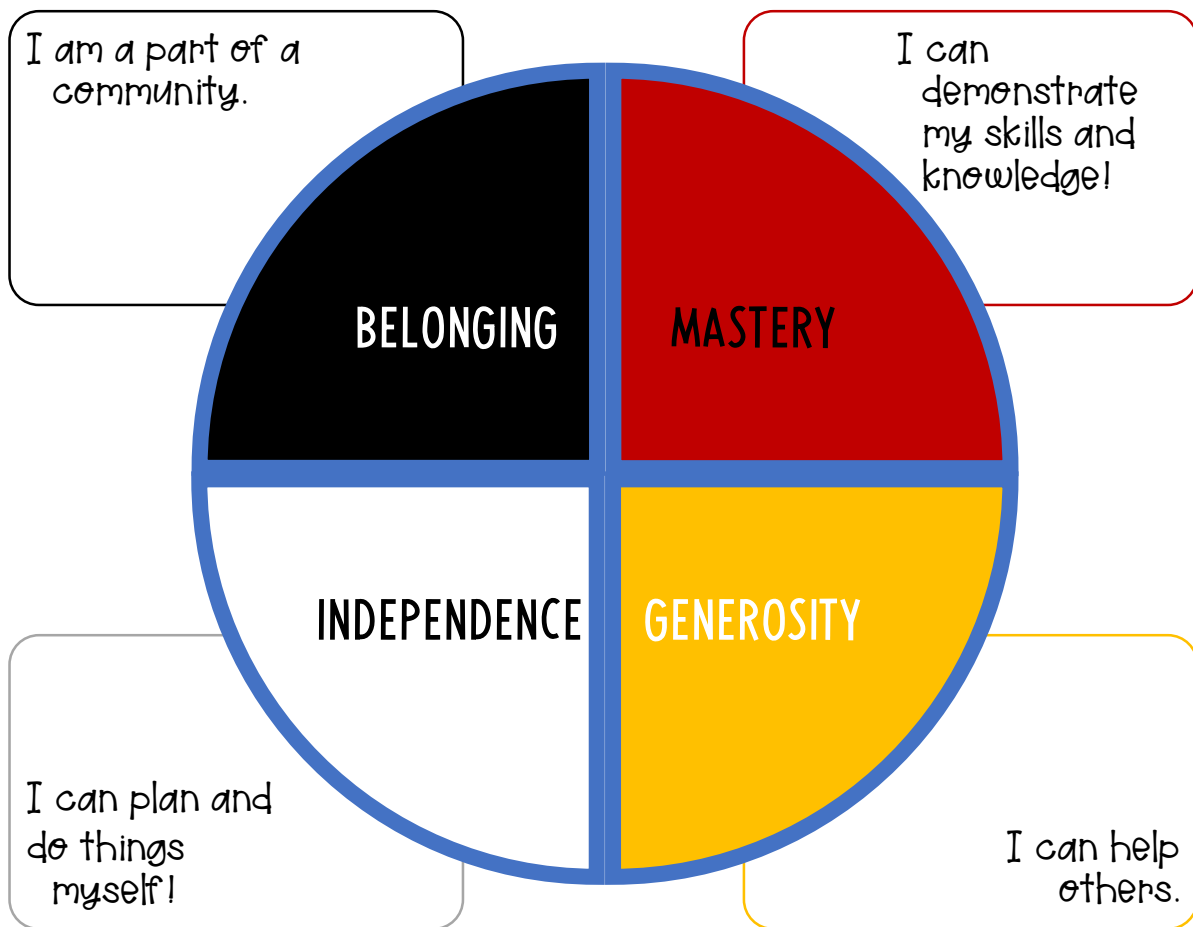
When we support students in developing **mastery**, **generosity**, **independence**, and **belonging** skills, we support the WHOLE child and help them to overcome the challenges of life.

Directions: Use this student activity book to support student understanding of the Circle of Courage. Read through each page and complete activities together.



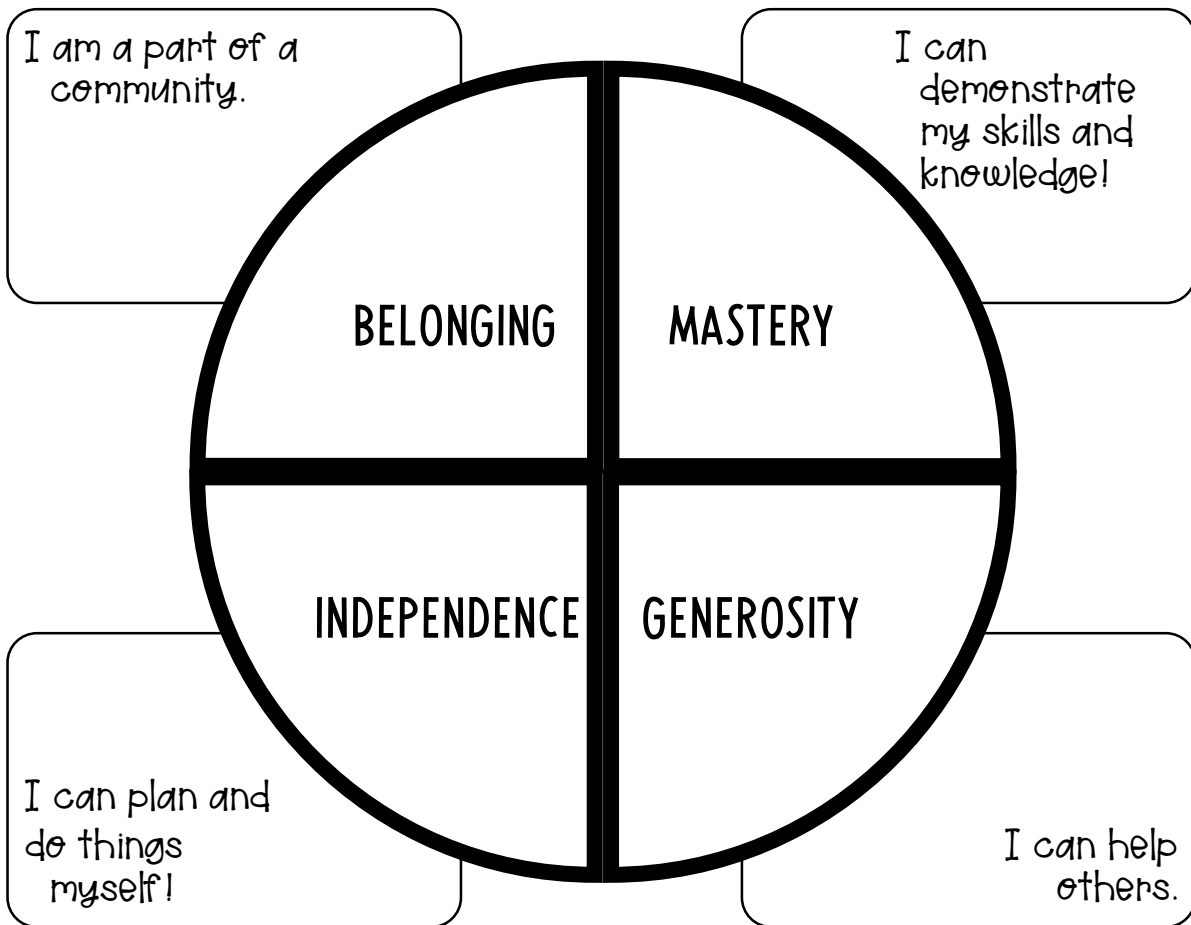
My CIRCLE OF COURAGE Book

Name: _____



My CIRCLE OF COURAGE Book

Name: _____



It takes courage to grow up and become who
you really are.
-e.e. cummings

Take a mindful moment. Think about the quote above. Draw what COURAGE means to you.

A large rectangular area defined by a dashed line, intended for a drawing or illustration.

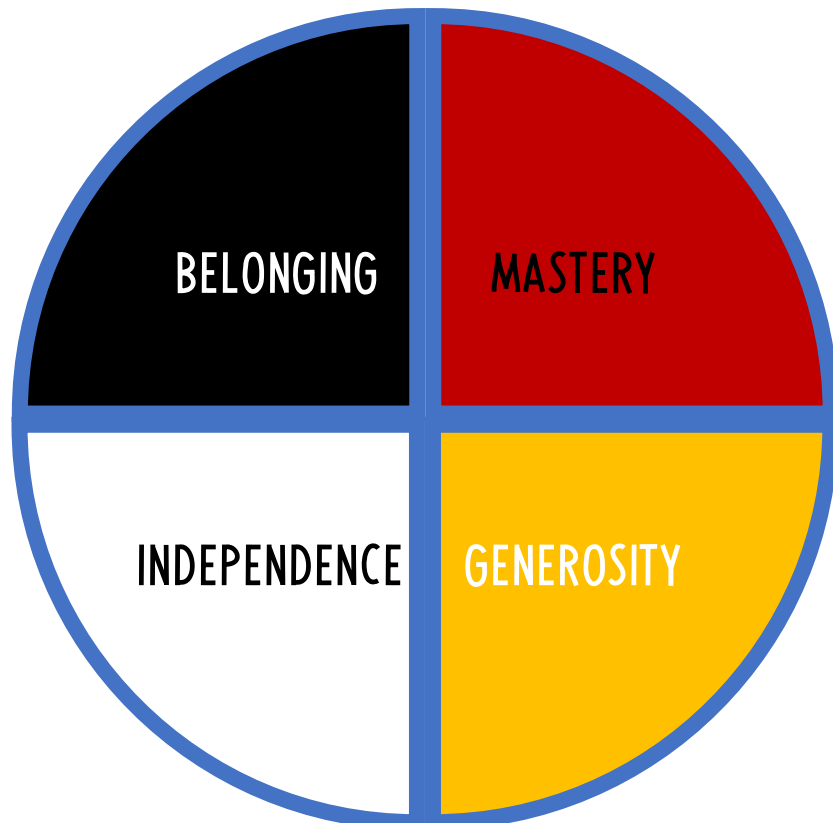
What is the circle of courage?

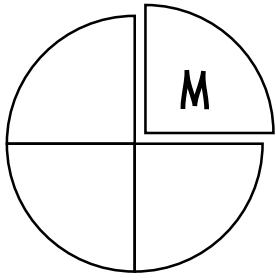
Will it help me be brave and strong?
Will it help me to face my fears?
Will it help me when something is hard?

Well... Kind of!

The circle of courage helps us to understand how important it is to develop and grow in the areas of mastery, generosity, belonging, and independence. When we grow in these areas, we feel good about ourselves and are better prepared to face the things that challenge us in life!

Let's figure out what mastery, generosity, independence, and belonging mean.





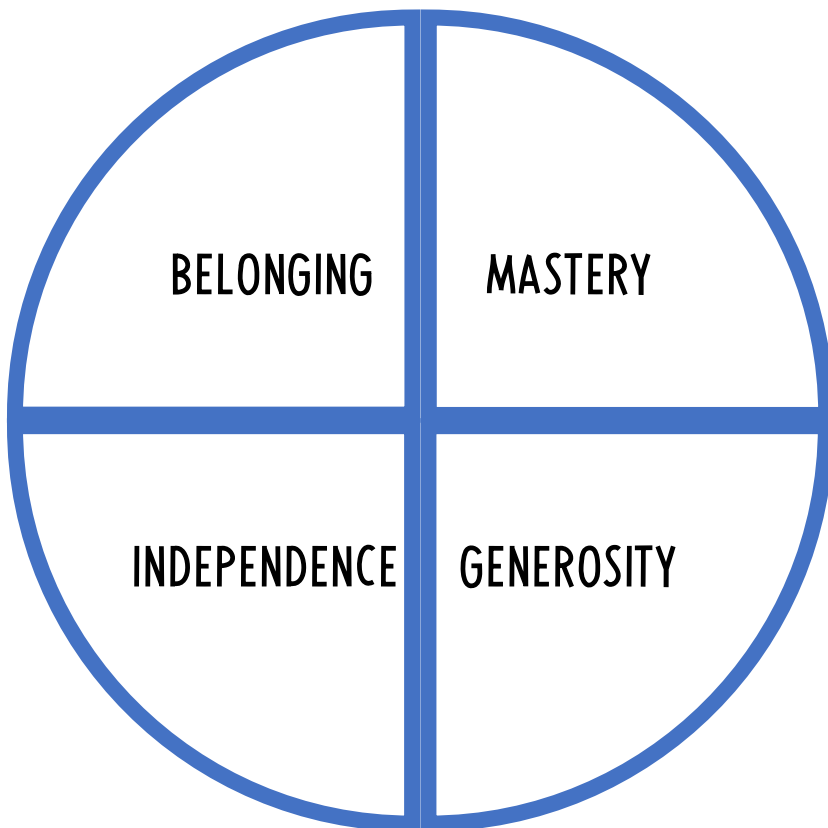
What is mastery?

MASTERY is being able to do something. This area isn't just about an academic task, like reading or writing! You can also master physical tasks like in sports or social tasks like when you have good social skills.

Why is MASTERY part of the circle of courage?

When you master a task, how do you feel? You might feel proud of yourself. You might feel confident that you can try something more challenging. When we master tasks we feel good about ourselves and our abilities.

Color the MASTERY quadrant RED.



What does MASTERY mean to you?

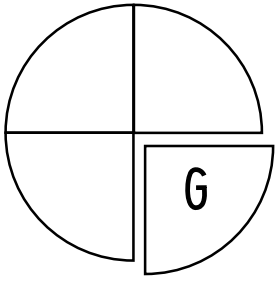
2 MINUTE CHALLENGE: Put 2 minutes on a timer. Keep thinking and writing for the whole 2 minutes. When the timer goes off share with a partner. Then move on to the next box with another 2 minutes on the clock!

List tasks or skills that you have mastered.

Think about the list above. List the different feelings that you felt.

Draw a picture of one of your tasks that you mastered and how it made you feel.





What is generosity?

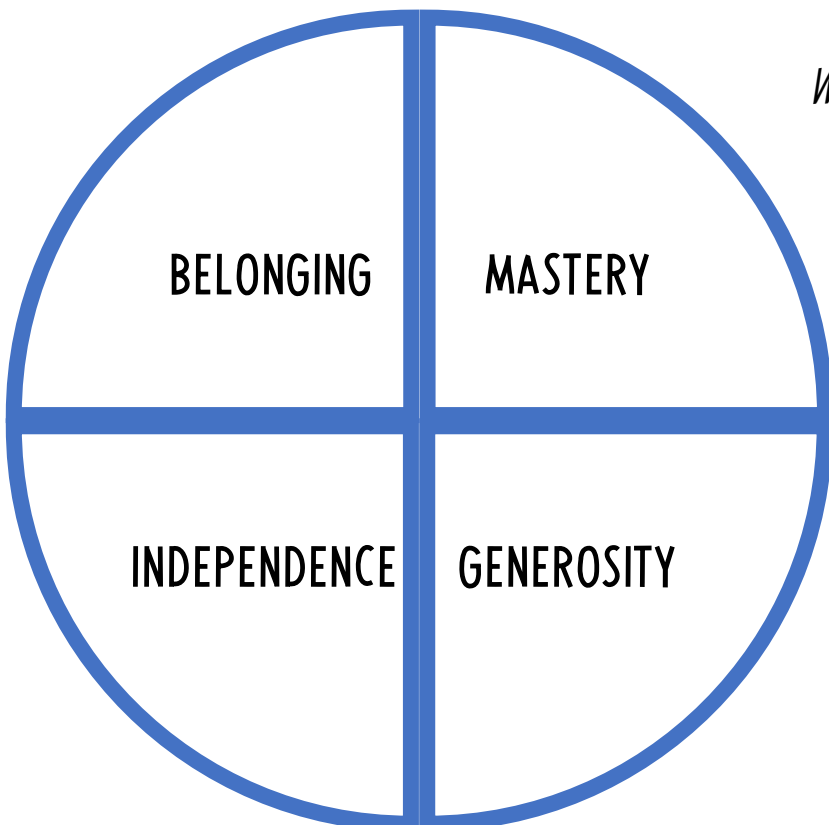
GENEROSITY is contributing to someone in need. When we are generous we may give something to someone else in need. We may give our time to help someone or a cause that is important.

Why is GENEROSITY part of the circle of courage?

When you are generous with what you have you can help someone else to get what they need. This helps your community to thrive. When you help someone else succeed you might feel proud of yourself. You will know that you have been kind to someone in need. This has a positive impact on both you and others.

Color the GENEROSITY quadrant YELLOW.

What does GENEROSITY mean to you?



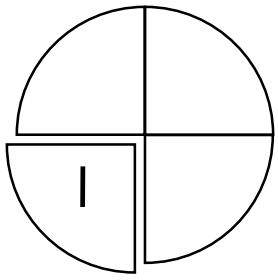
2 MINUTE CHALLENGE: Put 2 minutes on a timer. Keep thinking and writing for the whole 2 minutes. When the timer goes off share with a partner. Then move on to the next box with another 2 minutes on the clock!

List ways you or others have shown generosity?

Think about the list above. List the different feelings that you or others felt.

Draw a picture of yourself being generous and how you felt.





What is independence?

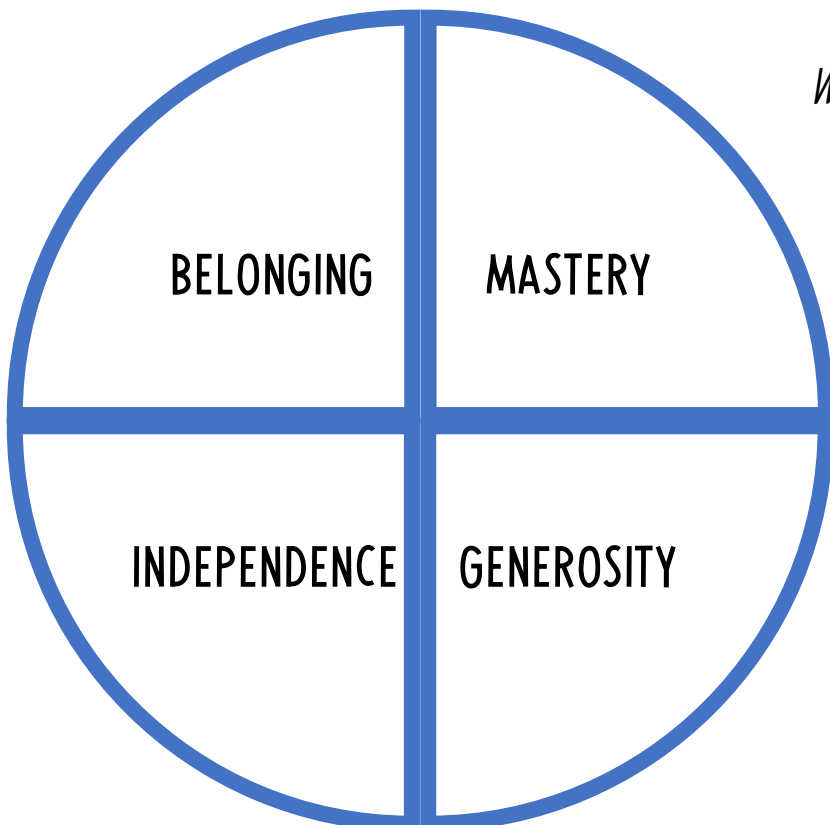
INDEPENDENCE is making your own decisions. It is completing tasks on our own and working towards accomplishing our goals.

Why is INDEPENDENCE part of the circle of courage?

We all need help and guidance as we grow and learn, but being independent has a positive impact on our lives. You might feel proud of yourself when you can do different tasks without help. It feels good to accomplish a goal you have been working towards.

Color the INDEPENDENCE quadrant WHITE.

What does INDEPENDENCE mean to you?



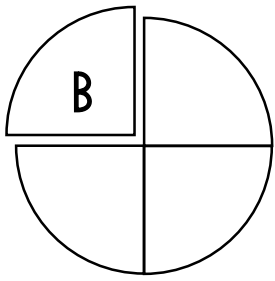
2 MINUTE CHALLENGE: Put 2 minutes on a timer. Keep thinking and writing for the whole 2 minutes. When the timer goes off share with a partner. Then move on to the next box with another 2 minutes on the clock!

List ways you have shown independence.

Think about the list above. List the different feelings that you or others felt.

Draw a picture of yourself being independent and how you felt.





What is belonging?

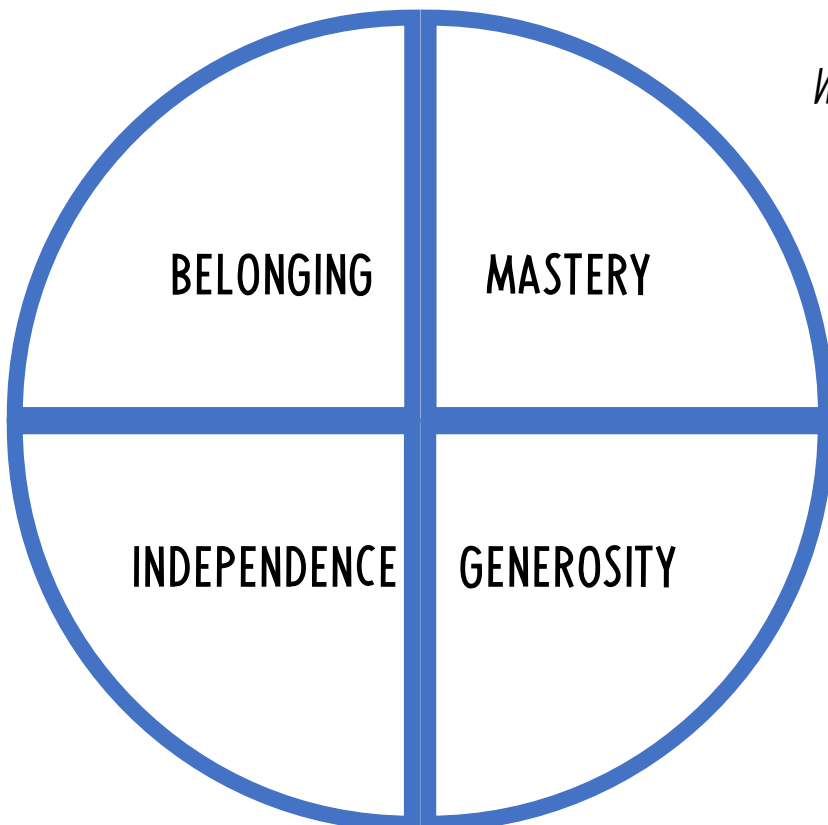
BELONGING is being connected to a group. When you are connected you feel cared for and cared about.

Why is BELONGING part of the circle of courage?

You can belong to different groups: your family, class, school, community, and other groups like scouts or teams. Belonging is more than just being a member of these groups. You belong when you and others actively care for each other and contribute to the group's wellbeing. This makes us feel connected and loved.

Color the BELONGING quadrant BLACK.

What does BELONGING mean to you?



2 MINUTE CHALLENGE: Put 2 minutes on a timer. Keep thinking and writing for the whole 2 minutes. When the timer goes off share with a partner. Then move on to the next box with another 2 minutes on the clock!

List different groups you might belong to.

Think about the list above. List the different feelings that you or others felt.

Draw a picture of yourself belonging and how you felt.



What does the circle of courage mean to you?

Write your own acrostic poem.

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My Support Network

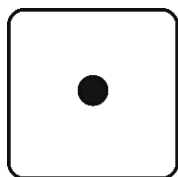
Don't forget about all of the people helping you to reach your goals! Draw a picture with you at the center, surrounded by the people who cheer you on in your life.



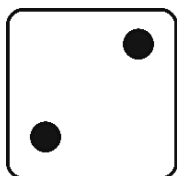


Circle of Courage Dice Game

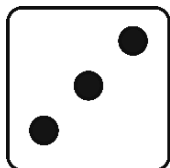
Directions: Each player takes a turn rolling the dice and answering the corresponding question. Players that answer the question correctly, without any repeats, earn the number of points they rolled. The player with the most points at the end wins!



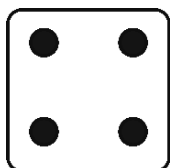
Tell about a time you were generous.



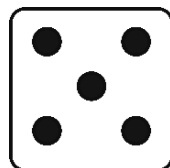
What is something you do independently at home?



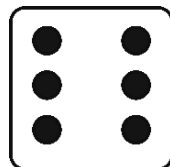
What is a skill at school you have mastered?



Who is someone in your support network that helps you to develop mastery, independence, generosity, and belonging?



What is something that is easy or hard about being independent?



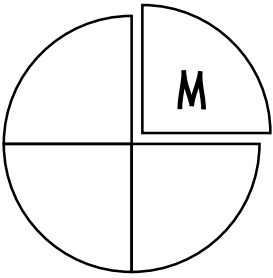
Tell about a time you helped someone belong.



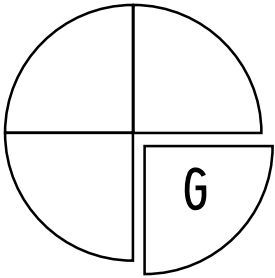
My Goals

Think about each quadrant of the circle of courage.

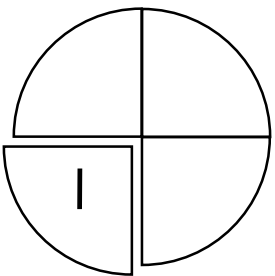
What are your goals to improve and grow?



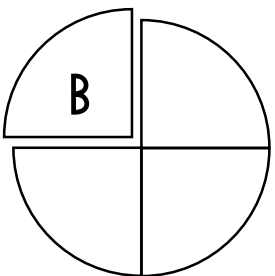
Mastery



Generosity



Independence



Belonging



My CIRCLE OF COURAGE Poem

I have courage in my _____.
It guides me _____.

I can master things that challenge me.
I keep working until I'm _____.

I am independent throughout my day.
You can watch me _____.

I belong to groups at home and school.
You can find me with _____.

I am generous to those in need.
I can help someone to _____.

Courage is important in my life.
It guides my words and deeds.
When things get hard, I have a path.
In my own self, I believe.



THANK YOU!!

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