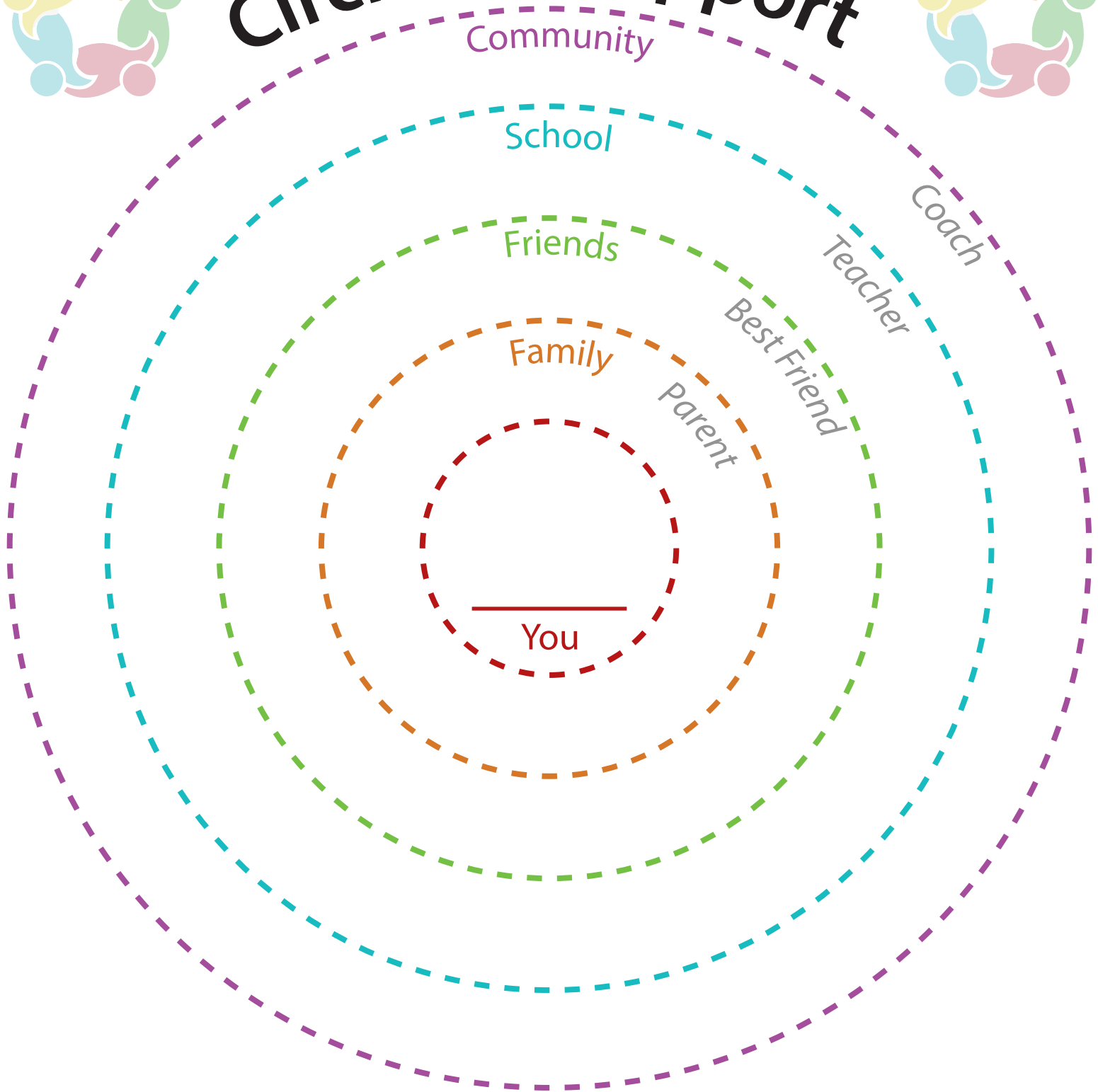




# Circles of Support



**Directions:** Write your name (or draw yourself) in the center circle. In the other circles, write (or draw) the people, places, and things that offer you support when you are having big feelings. Look at your completed "Circles of Support" when you need a reminder of who can help and support you.

