

**CIRCLE OF
CONFIDENCE**

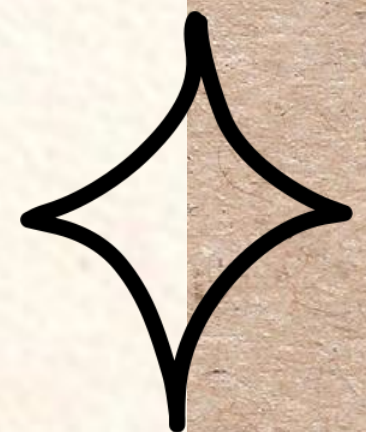
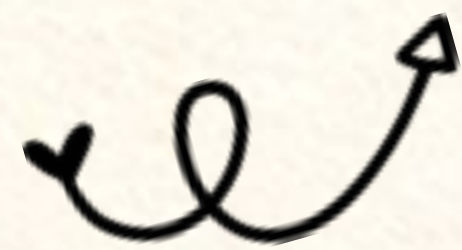
Week 4

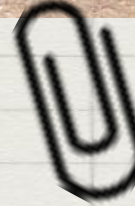




One-word Check-in

Describe how you are feeling at this moment with one word.





Make a Building



Step 1: Find your small group.

Step 2: Only 1 person can go at a time and place 1 card at a time.

Step 3: Repeat until you have a building or run out of cards.

Step 4: If the building falls, talk through how to make it stronger and try again!



Circle of Confidence



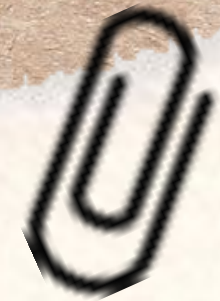
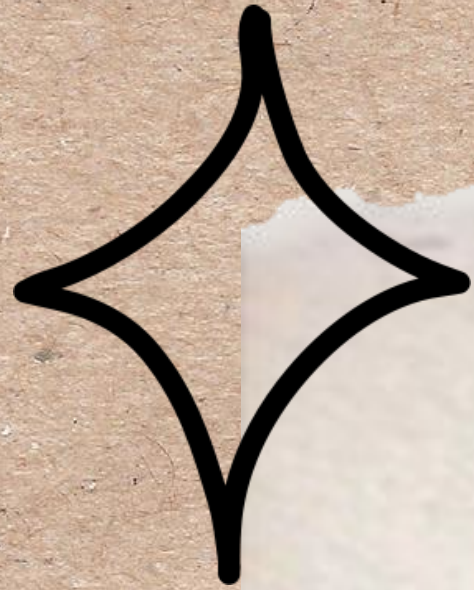
Definition: group of people that you see as positive and supportive; can be adults or peers



Rocks

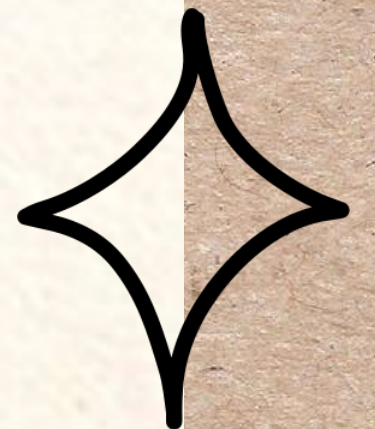
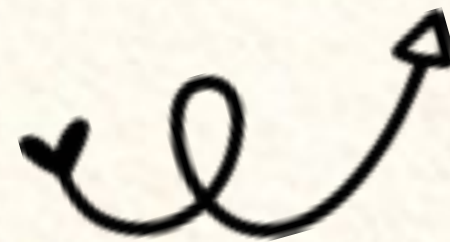


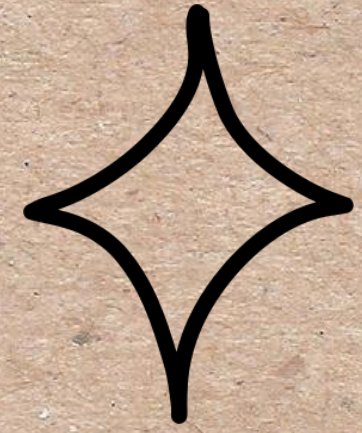
Champions



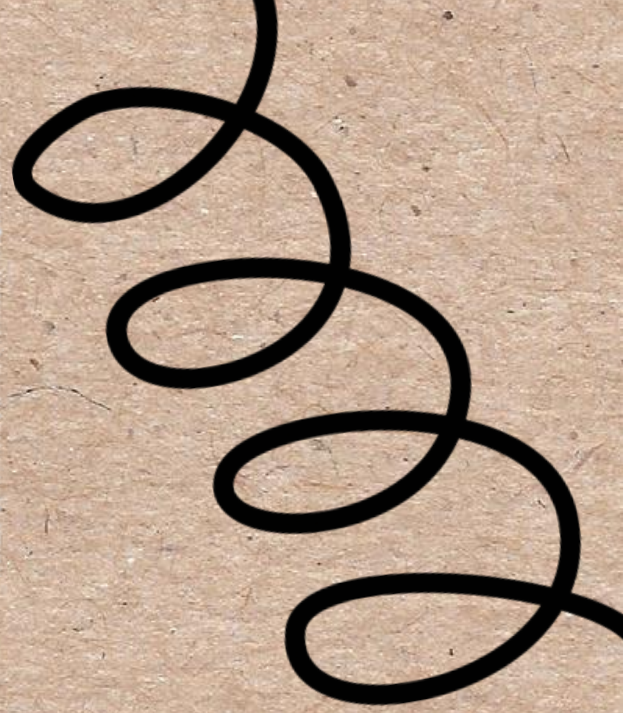
One-word Check-in

Describe how you are feeling at this moment with one word.



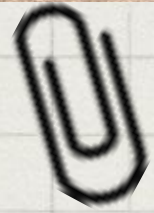
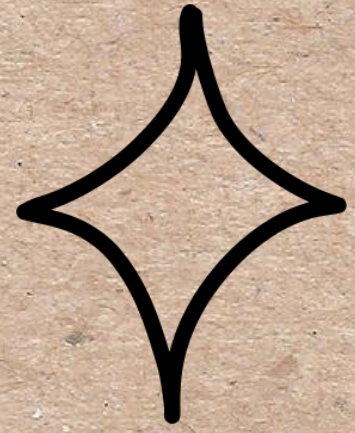


Review Time!



- What is a Circle of Confidence?
- What two types of people form our Circle?





Rock



A Rock is a person...

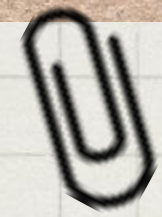
- involved in your daily life.
- who accepts responsibility for you.



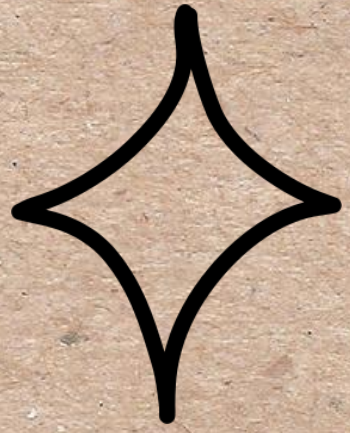
Think Time

Step 1: Identify the Rocks in your life.

Step 2: Think about what they help you with.



Champion



A Champion is a person...

- you respect and trust.
- whose feedback is helpful.

Think Time

Step 1: Identify the Champions in your life.

Step 2: Think about what they help you with.






Reflection



Reflect on the following question:



- What are some life situations in which you might reach out to someone from your Circle of Confidence?
- 

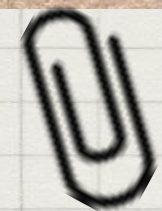


Circle Review

Reflect on the following question:



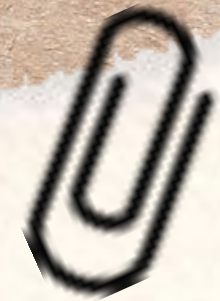
- Who are the two types of people that form our Circle of Confidence?



Discussion

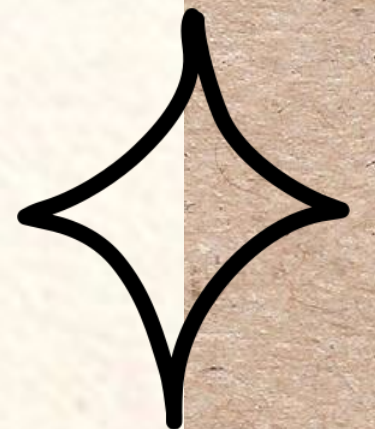
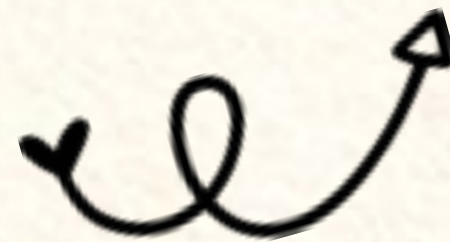


1. Who are your Rocks?
2. What specifically can your Rocks help you with?
3. Who are your Champions?
4. What specifically can your Champions help you with?
5. When do you turn to these people?
6. Why are these people best suited to be your Rocks and Champions?
7. If these people are unavailable, who could you turn to?



One-word Check-in

Describe how you are feeling at this moment with one word.





ACM Weekly Family

Correspondence



Handwritten letters and symbols scattered in the top-left corner.



LESSON LINKS

