

## **Self-Care Method #1: Circle of Courage**


(Based on “Circle of Courage” from [Reclaiming Youth at Risk: Futures of Promise](#), by Larry K. Brendtro, Martin Brokenleg, and Steve Van Bockern).

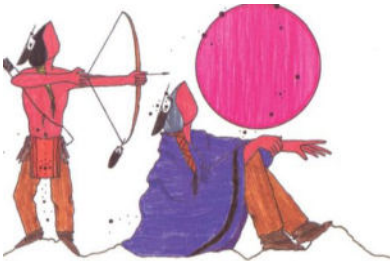

To complete this assignment, you will explore ways you can apply the strategies outlined in the “Circle of Courage.”


Complete the “Google Form” by identifying the strategies you used this week and when you used them. Finally, you will write a short reflection on which strategies you found effective in a Google Document that I will post on **Friday**.

**Note:** When you complete your reflection, I will ask you to include “photo evidence” of your engagement with each of the strategies you identified. Let your family/household know what you are working on so they can help you take pictures (for occasions/examples where “selfies” won’t work).

### **Circle of Courage**

<b>Spirit</b>	<b>Definition</b>	<b>Examples</b>
<p><b>Spirit of Belonging</b></p> 	<p>The universal longing for human bonds that are cultivated by relationships of trust.</p> <p>“I am loved.” “Others care about me.”</p>	<ul style="list-style-type: none"><li>● Start the day with a shared meal with someone in your household.</li><li>● Join/Schedule a virtual “watch party.” with family/friends.</li><li>● Host a digital dinner party.</li><li>● Read a story with a younger family member (or start a “family book club” where everyone reads together).</li><li>● Host a “Family Game Night.”</li><li>● Help create a “Family Secret Handshake.”</li></ul>

<p><b>Spirit of Mastery</b></p> 	<p>The inborn thirst for learning and growth.</p> <p>“I can succeed.”</p> <p>“I can feel pride because I am good at something.”</p>	<ul style="list-style-type: none"> <li>• Spend at least an hour engaged hobby/interest that you enjoy (something you are good at).</li> <li>• Do some extra work on an assignment (any course) to improve the quality of your work and achieve a higher grade.</li> <li>• Set a daily/weekly goal for yourself, and make a plan for how to achieve it.</li> </ul>
<p><b>Spirit of Independence</b></p> 	<p>Free will cultivated by taking personal responsibility and learning through taking risks and experiencing failure.</p> <p>“I have the courage to try new things.”</p> <p>“I have the power to make decisions, accept the consequences, and learn from them.”</p> <p>“I can be a leader.”</p> <p>“I know how to look after myself.”</p>	<ul style="list-style-type: none"> <li>• Try something new.</li> <li>• Offer to take over a different “household responsibility/chore.”</li> <li>• Try something new that your family/household can do together (try a new recipe for dinner, play a new game together, participate in a new fitness routine, etc.).</li> <li>• Use a healthy strategy to “relax” and “recharge” when you are feeling tired, anxious, or overwhelmed.</li> <li>• Change one thing in your life/routine to</li> </ul>

		<p>make it healthier (diet, fitness routine, sleep-hygiene, etc.)</p> <ul style="list-style-type: none"> <li>• Take a “tech break” and spend at least an hour engaged in an activity that does not require the use of a phone, computer, or game console.</li> <li>• Spend at least an hour engaged in a religious/spiritual/mindful/meditative activity.</li> </ul>
<p><b>Spirit of Generosity</b></p> 	<p>Concern and caring for others.</p> <p>“I have a purpose for my life.”</p> <p>“I can use my knowledge/skills to help others.”</p>	<ul style="list-style-type: none"> <li>• Help a younger sibling with their schoolwork (without doing it for them).</li> <li>• Introduce your parents/grandparents to technology tools/skills that you know (but is new to them).</li> <li>• Prepare a meal for your family/household.</li> </ul>