

The outer circle represents those people in your life that know you a little. They may be classmates who know your name and some of your likes and dislikes. They know you on a surface level.

The middle circle represents those people who know you pretty well. They may be good friends that you hang out with a lot, or adults that you spend quite a bit of time with. They know you, but not the most important pieces of you.

The inner circle is reserved for 2-3 people who know you inside and out. They know why you are the way you are. They know what makes you upset or happy. They understand you and support you. They are the first ones you go to when you are really sad or really happy.

Read aloud several scenarios and ask which circle they'd go to for that situation.

Incarcerated family members can fall into any of these circles.

- Write people who exist in outer circle. Ex: Classmates, a teacher you see only sometimes, family friends.
- Write people who exist in middle circle. Ex: Teachers, favorite friends, adults you see a lot or who live with you, youth pastor or after school caregiver.
- Write people who exist in inner circle. Ex: best friend(s), parent or guardian, someone whom you truly trust.

It's important to have a balance of all kinds of people in our lives. The most important thing is having someone to go to that really knows and understands you.

Have floor marked off. Throw ball and tell about one person that falls into that area of your life.

Write a letter/card thanking that person.