

Creating Relationship Circles

Helping to create a relationship circle is a person-centred tool which can be very useful in exploring who is important to the person you're supporting and can help gain a deeper understanding of relationships.

They can also help with:

- Development of self-identity.
- Increasing self-confidence.
- Understanding concepts such as stranger danger.
- Understanding who the important people are in our lives.
- Developing friendships and relationships.
- Understanding boundaries.

How to create a relationship circle

1. Draw a circle in the middle and in the centre write 'me.'
2. Draw a second circle around the other and add the names, pictures of photos of people closest to you like your family and very close friends.
3. Continue to add circles and then add people depending on how close you feel they are to you.
4. You can then use these to talk about different people in your life and how you interact with them, for example you may hug your mother but not a stranger.

Make the activity fun by using brightly coloured pens, pencils and crayons. Alternatively, you could:

- Create a large-scale version by using different coloured foam.
- Make them into a keychain so that it can be carried around.
- Use photographs of people rather than drawings.
- Use brightly coloured sticky notes to write names of people make the activity physical by using tape to outline different boundaries on the floor and standing in the middle.

Remember there is no right or wrong way your circle should look, your circle is unique to you and is based on your story.

Example:

