

<b>Materials</b>	Access to the internet, paper, pencil
<b>Learning Outcome</b>	Identify the four components of the Circle of Courage and develop self-awareness by describing how it relates to your own personal growth.

## Description

The Circle of Courage is a youth development model first described in the book *Reclaiming Youth at Risk* co-authored by Larry Brendtro, Martin Brokenleg, and Steve Van Bockern. The model presents Indigenous principles and combines methods of child-rearing, early pioneers in education and youth work, and modern resilience research.

The model is based on four universal growth needs for children and youth: belonging, mastery, independence, and generosity. Visit the [Circle of Courage](#) document and read the philosophy and discuss the model with the youth. Be sure to support the youth with understanding each section of the model.

Ask the youth to draw a large circle on a piece of paper and divide the circle into four quadrants writing belonging, master, independence, and generosity in one of the four quadrants. Ask the youth the following questions and have them write their answers in the appropriate quadrant:

- How do others make you feel that you *belong*?
- In what ways can you increase *belonging* in your family, school, or community?
  
- Who supports you with *mastery* for your own personal growth? Why?
- How can you support others with *mastery*?
  
- Who models and encourages *independence* in your life? Why?
- In what ways do you practice *independence* and are there other areas of *independence* you would like to develop?
  
- Who teaches you most about *generosity*? Why?
- In what ways do you practice *generosity* by helping others?

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *What did you learn about yourself?*
- *How can your family, school, and community continue to support you in developing the growth areas included in the Circle of Courage?*