

Lesson: My Inner Circle

Purpose: Students will understand and apply the term “ally” to people in their own lives.

Goals of this lesson:

1. Students will learn the term “ally” and be able to give examples of allies
2. Students will identify key relationships in their lives including friends, family and other key supporters at home, school and work
3. Students will identify and express characteristics of their allies

Supplies:

My Inner Circle handout, pens/pencils

This activity may also be done using large chart paper and markers

Discussion: Define the term “ally” and provide relatable, everyday examples of the term. Explain each student is the person in charge of that student’s own life. Discuss how all people rely on others to help them make decisions and support them in many ways.

Directions: Using the Inner Circle diagram below, students will create their own unique Inner Circle by answering the following about each choice:

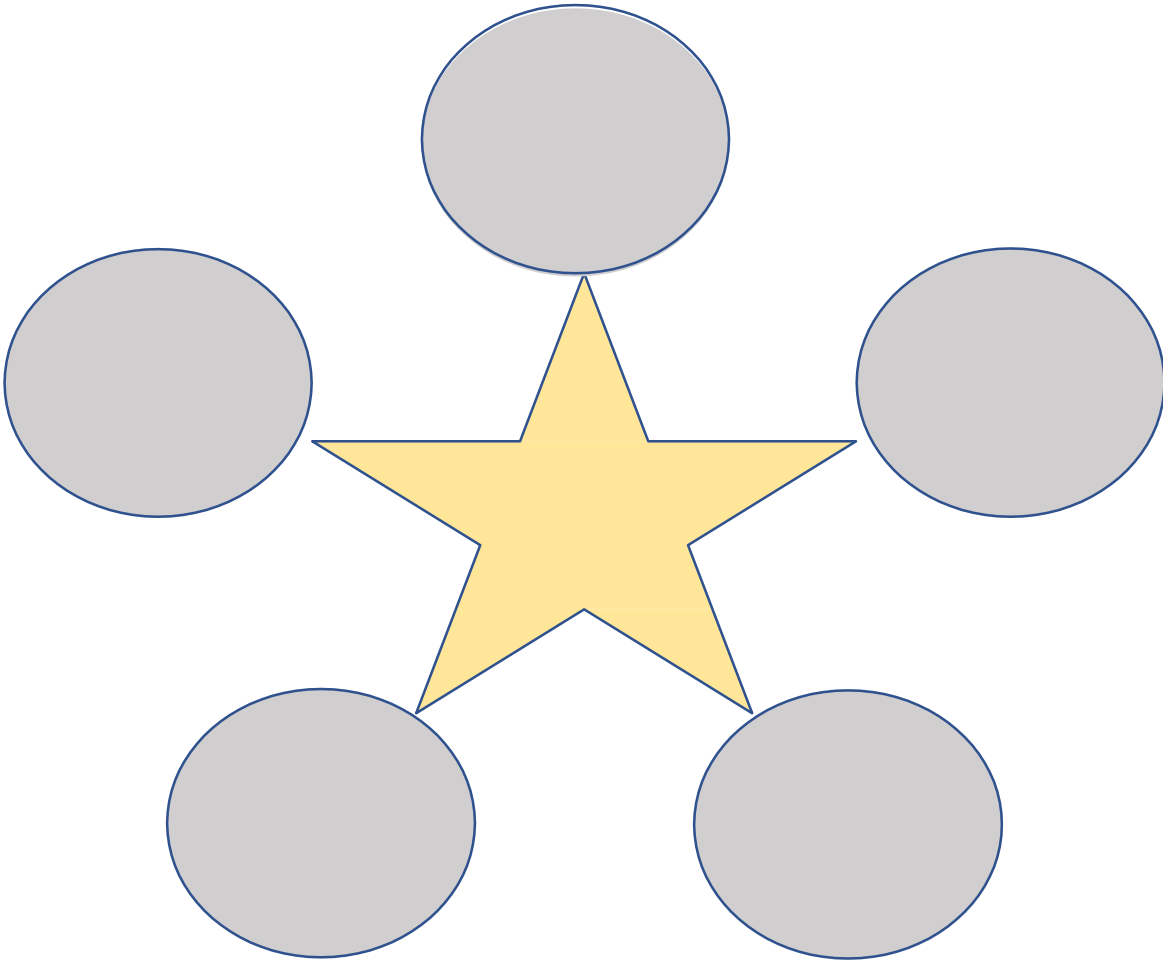
1. The person you would call FIRST when you want to share good news.
2. The person you would bring with you to a doctor’s appointment if you were really sick.
3. The person you would spend your entire weekend with on vacation.
4. The person that you would want to talk to and who would make you feel better if you lost your job.
5. The person in your life that makes you smile and feel very good about yourself.

Extension:

Have students present in front of the class or to a partner who’s in their Inner Circle and why. Discuss how the people in your circle can change, depending on which stage of your life you are in. Answer the question: How can the people in my Inner Circle help me build the future I see for myself? How can they strengthen me? How can they help me overcome barriers I face?

Follow-up:

- Share: Students can complete the PCAST Relationship Map and share/discuss it with their case manager/school counselor.
- Reflect: Who has been identified on the Relationship Map that can be invited to the student’s IEP meeting? What knowledge can they contribute?
- Take Action: Have the student hand write, deliver/e-mail an IEP invitation to the student’s selected individuals, as appropriate



For each space in your Inner Circle:

1. Write the person's name and your relationship to them.
2. Share one Great Thing about each person. Explain what it is about this person that made you want to include this person?