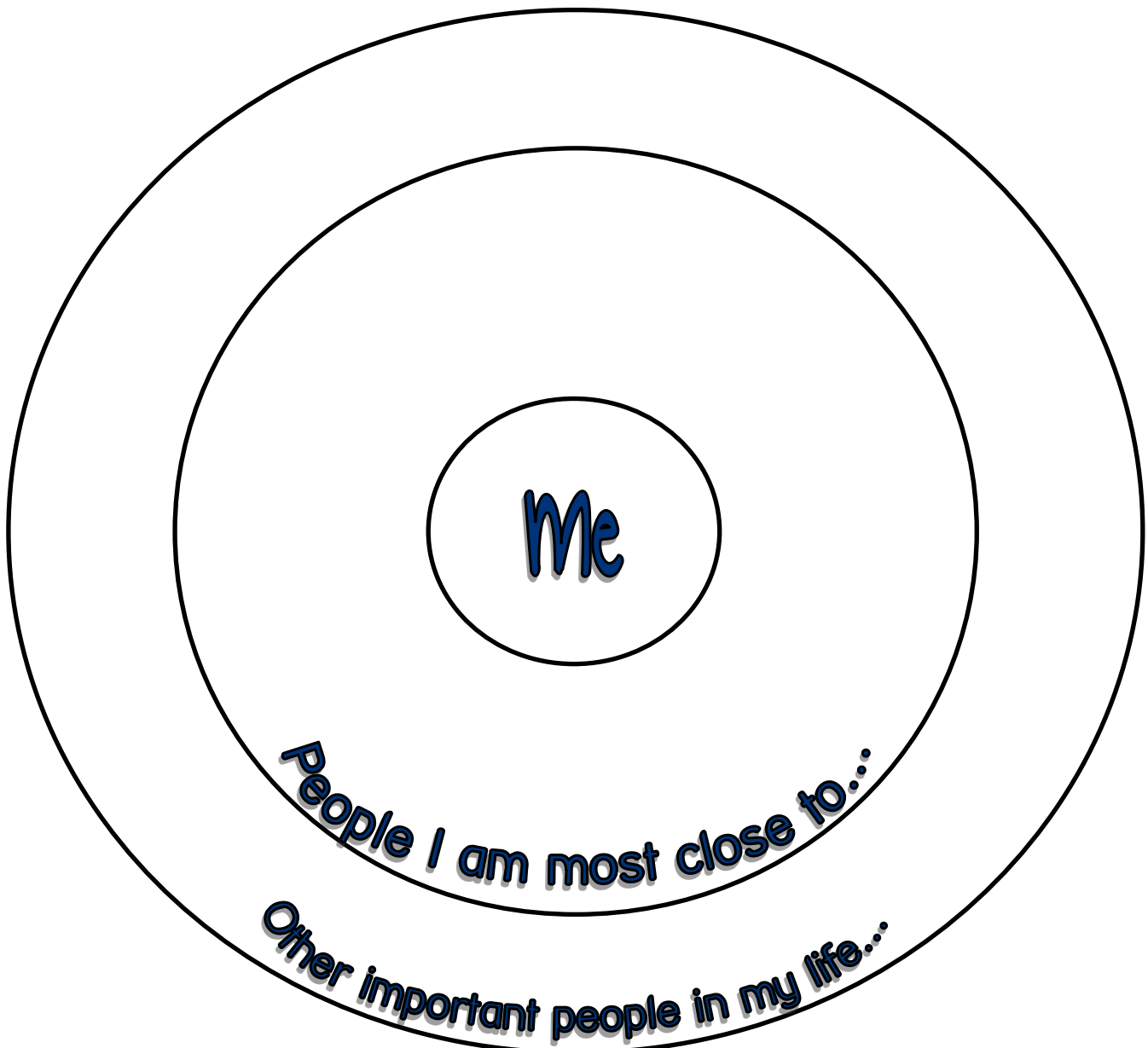


Lesson 5a Step 3

Support Circle

Below write family, friends and other adults you can count on. Knowing who you can rely on, can help you be more resilient in tough times.

Other people in my life...



Lesson 5b

SuperFriend

This superhero has the special powers of having all of the **qualities** you want from the **perfect friend**. Write all of the super powers of friendship they will have around the outside and then design what your SuperFriend will look like.

REMEMBER: This is NOT someone you already know

