

Name:

Date:



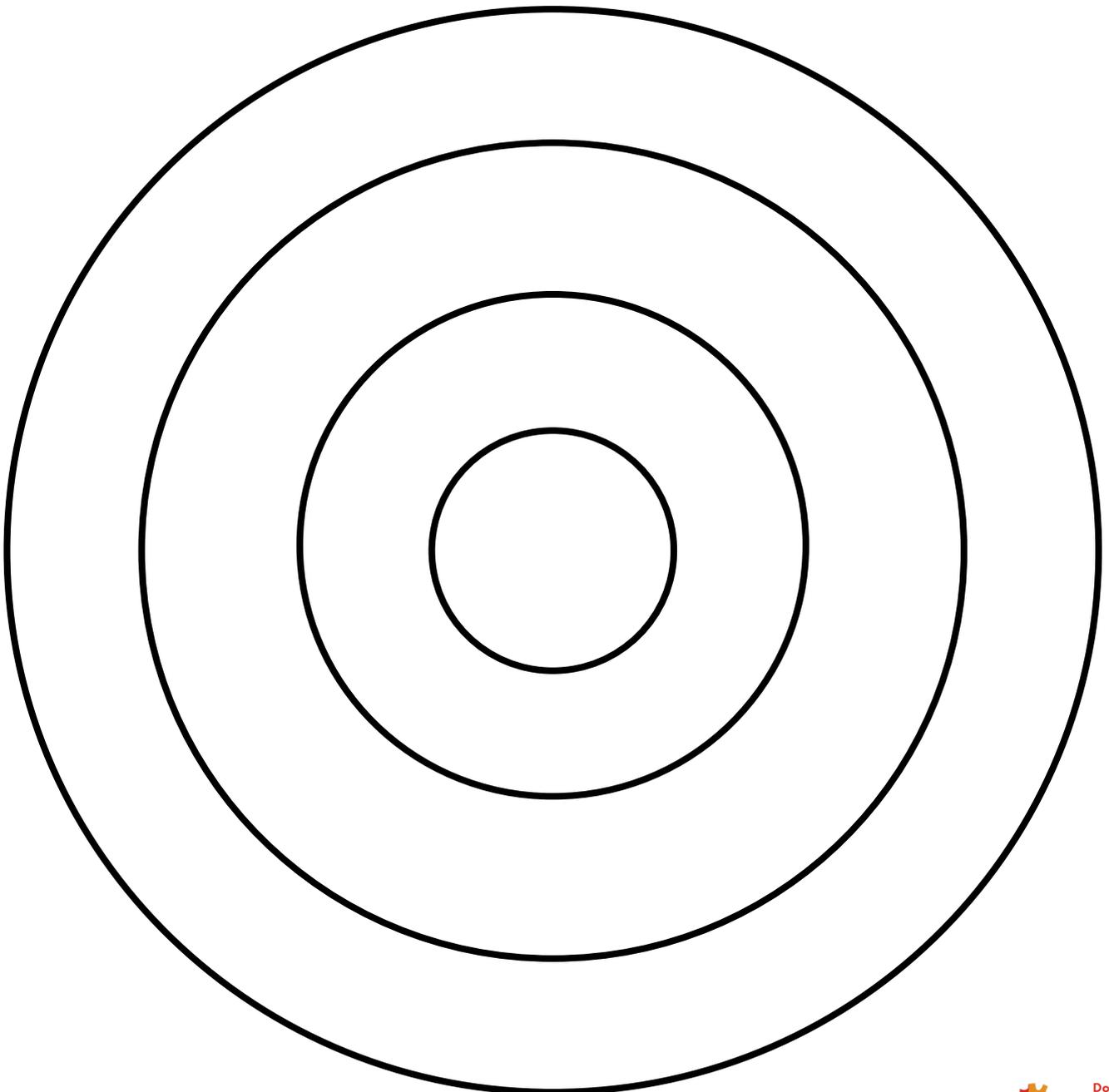
@DORSETMHST

# CIRCLES OF BELONGING



You can write or draw where you belong!

Everyone belongs somewhere and this activity helps you explore all the places, people and groups that make you feel connected. Use the Circles of Belonging to think about where you feel safe, valued and yourself. Turn to the next page for full instructions.



## Circles of Belonging Instructions:

### 1. Start with the centre circle

Write your name or draw a picture of yourself in the middle. This is your circle - the place where your sense of belonging begins.

### 2. Think about where you feel you belong

Each circle shows a different part of your world.

In each ring, write or draw places, people or groups that help you feel connected.

- You can include things like:
- People (friends, family, carers, teachers)
- Places (home, school, clubs, nature spots)
- Groups (sports teams, faith groups, online communities)
- Activities (hobbies, interests, things you love doing)

### 3. Add more details

You can:

- Use colours to show how each circle makes you feel
- Add symbols like ❤️ (safe), ★ (proud), 😊 (happy), 🌿 (calm)
- Draw little pictures or doodles

### 4. Write a few sentences about what you noticed.

You might want to finish sentences like:

- I feel most like myself when...
- One place I belong is...
- People who make me feel included are...
- Something that helps me feel connected is...