Worksheet – Circles of Me Sentence Starters

Once you have completed your Circles of Me worksheet and discussed with your partner, join with one or two other pairs to make small groups of 4-6.

Take it in turns to each share one of the following with the rest of the group:

1. A story about a time you felt **especially proud** to be associated with one of the identities you have selected,
2. A story about a time it was **challenging** to be associated with one of the identity aspects you have chosen,

**OR**

1. A scenario you fear could be challenging in the **future** based on one particular element of your identity

Here are some sentence starters to help you:

* I feel proud that I am\_\_\_\_\_\_

/ I feel proud that I belong to\_\_\_\_\_

/ I feel proud that I love to\_\_\_\_\_

/ I feel proud that I believe\_\_\_\_\_\_

because....

* It can be challenging to be\_\_\_\_\_\_

/ It can be challenging to belong to\_\_\_\_\_\_\_

/ It can be challenging to believe this\_\_\_\_\_

because...

|  |
| --- |
| *Remember our Safe Space agreement! How can we support each other to feel comfortable sharing with the rest of the group?* |