

## People in My World

(Supplies: Heart and star stickers, Band-Aids, red and blue 1/4" adhesive dots, available in office supply stores)

This activity will help you talk about the important people in your world. The first step is to fill in the picture of the world on the next page by writing the names of the people in your world. (Write each name in a different section on the world.) Include people who are important because you feel close with them, as well as people who are important because they have hurt or upset you. Be sure to include yourself, your mother, father, brothers, sisters, other people you live with, and other important people in your family. You may wish to include some of your relatives, teacher, therapist, best friend, pet, etc. Next, use stickers and symbols for the following feelings:

Put hearts on people in your world who love you. How do they show that they love you?

Put Band-Aids on people in your world who feel sad. Why do they feel sad?

Put red dot stickers on people in your world who feel angry. Why do they feel angry?

Put blue dot stickers on people in your world who feel scared. Why do they feel scared?

Put an "X" on people in your world who are mean or bad. Why are they mean or bad?

Put star stickers on people in your world who help you. What do they do to help you?