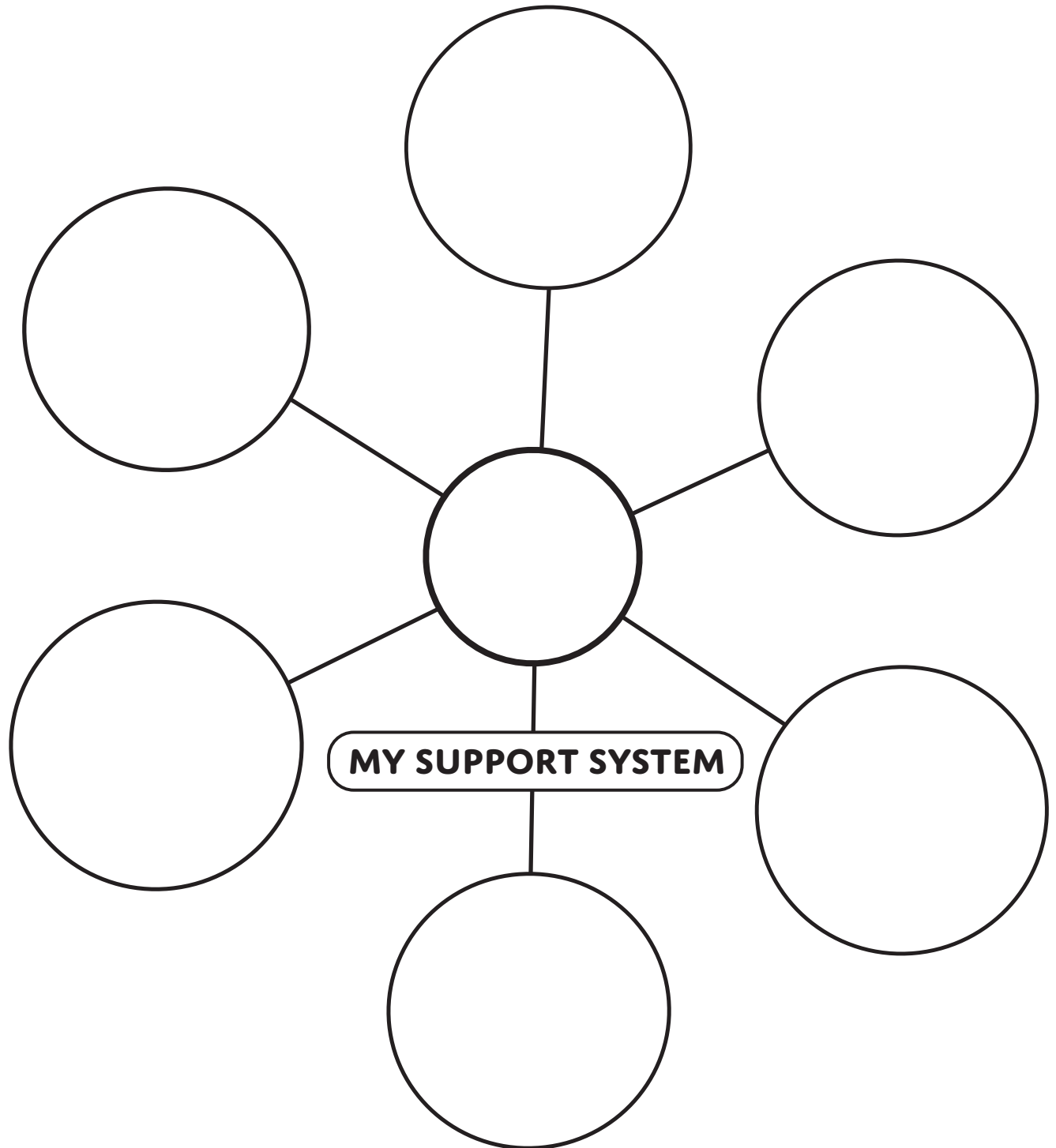


# Activity Sheet - 5H: MY SUPPORT SYSTEM

Name \_\_\_\_\_ Date \_\_\_\_\_

Write your name in the center circle, then add the names of adults you have in your support system. Think about adults who care about you, are good listeners, offer good advice, or make you feel comfortable. Feel free to add more bubbles if you need them.



**Suggestions:** Mom, Dad, aunt or uncle, a sibling, a cousin, a family friend, a neighbor, a friend's Mom or Dad, a minister/priest/rabbi/imam, a grandparent, a doctor, a counselor, a coach, a teacher or principal