

## Circle of Courage

The Circle of Courage is an Aboriginal model of health. It is made up of a wheel with four spokes or “supports” that keep the wheel strong. The idea is that all four parts of a person’s “circle” must be intact in order to have a balanced and successful life. A lack of strength in any of the four areas of development can result in emotional and behavioural difficulties.

Fill in each quadrant with things and people in your life that match the category (e.g., If you’re part of a skateboarding club, include it in the “belonging” space). You can also add in ideas for ways to further strengthen that area of your life.

