

Link Lesson: 9/30  
Introducing Sources of Strength Wheel & Circle Up

Agenda:

- I. Teambuilding: Chair Moving. See attached handout for directions. Make sure every student is in the middle once. **(10 mins)**
- II. Circle up **(1 min)**
  - a. Share importance of circle. As a way to see everyone, and respect everyone's opinion
  - b. Introduce talking piece & purpose
- III. Introduce Wheel. Talk about 8 Strengths. Talk about the strengths in context of being protective factors to help us get through hard times & help us feel balanced **(2 min)**
- IV. Share Strengths. Have each student share what strengths in the wheel are really prominent in their life. Have them give examples. Have Link Leaders go first to show example. **(10 min)**
- V. Share Deficits if you have time/What Strengths do they need to improve **(5 min)**
- VI. Closing. Have them reflect on their own time how many strengths they have, the quality of those strengths, and what strengths they would like to improve **(2 min)**