



Lesson 3: Well-Being Circles

Grade Range: JK – Grade 2

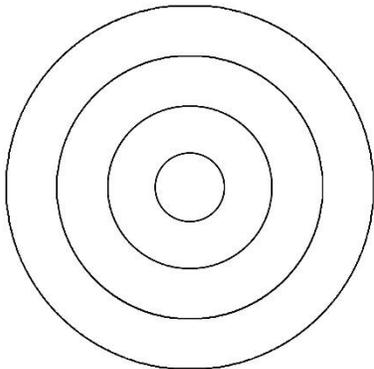
Task Time: 40 minutes

Activity Objective:

The goal of this activity is for children to design concentric circles to identify the many kinds of basic needs they need fulfilled to experience well-being.

Materials Needed:

- Crayons or coloured pencils, ideally some that are purple
- Template well-being circles provided in package



Activity Description:

1. Ask the child to draw a representation of themselves at the centre of the circle. It can simply be a happy face or it can be a more detailed drawing.
2. In each concentric circle, ask children to draw some of their basic needs. Offer them the option of choosing four from below or creating some of their own:
 - *My favourite food*
 - *My favourite clothing item*
 - *What makes me happy*
 - *The person/people who take care of me*
 - *My favourite game or activity*
 - *What helps me feel healthy*



- *What makes me feel loved*
- *My favourite part of school*

3. In the outermost circle ask children to draw two people that they can go to for help.

4. Go through the following discussion questions

- *Which of your basic needs did you choose to put in your circle. Why?*
- *Which of your basic needs that you drew are also basic needs for animals?*
- *Which of your basic needs that you drew are not basic needs for animals?*
- *Who are some of the people that you drew who you would go to for help?*

5. Place well-being circles on a Learning Wall. Don't forget to ask permission to show art work. Invite other classes to come and admire.

Suggested Lesson Extension:

- Students will grow seedlings/plants in their classroom and tend to them. Use fast growing seeds such as pole beans, marigolds or wildflowers and follow directions on seed package. Encourage discussion around what it means to be responsible to care for another living thing. Discuss the rewards of nurturing and watching something grow.

Comments and/or Additional Resources:

- Reminder: Facilitator has a legal duty to report suspected child abuse and neglect. Please refer to the "Teacher's Guide" for in-depth information on identifying signs of abuse and neglect and Duty to Report.