

Identify, Build, Strengthen

For this activity, follow the instructions below.

Identify people in your life you can go to for help with:

1. Feeling good about yourself _____
2. Sharing your frustrations _____
3. Getting advice _____

What is one strategy you learned for building new relationships?

What is something you will try and do this school year to build a new relationship?

Identify one positive relationship you already have and how you will strengthen it.