

## Circle of Concern

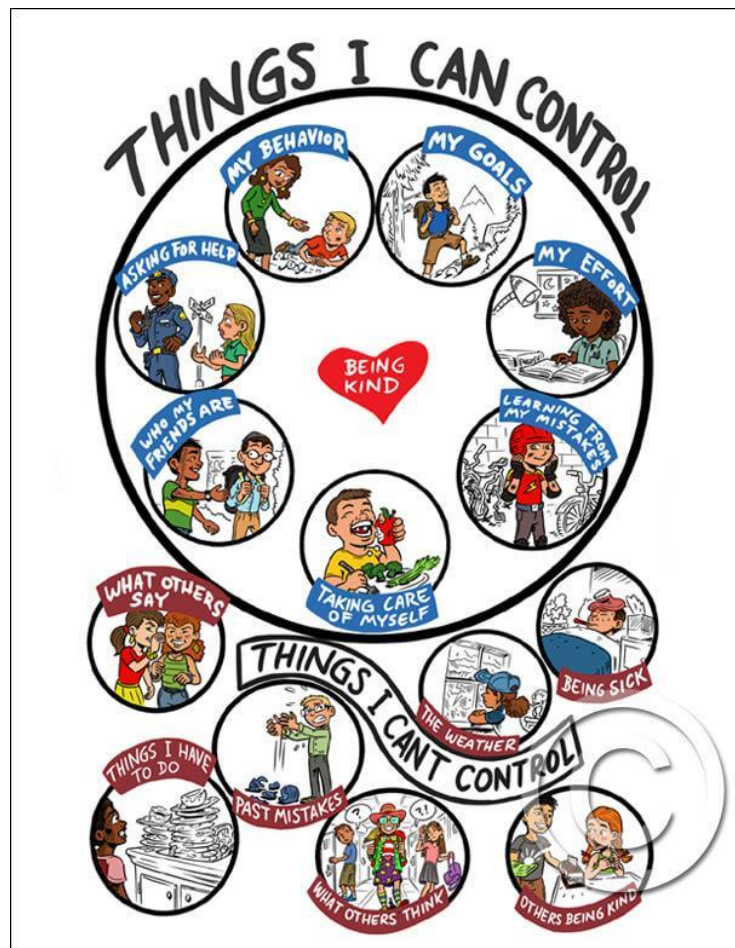
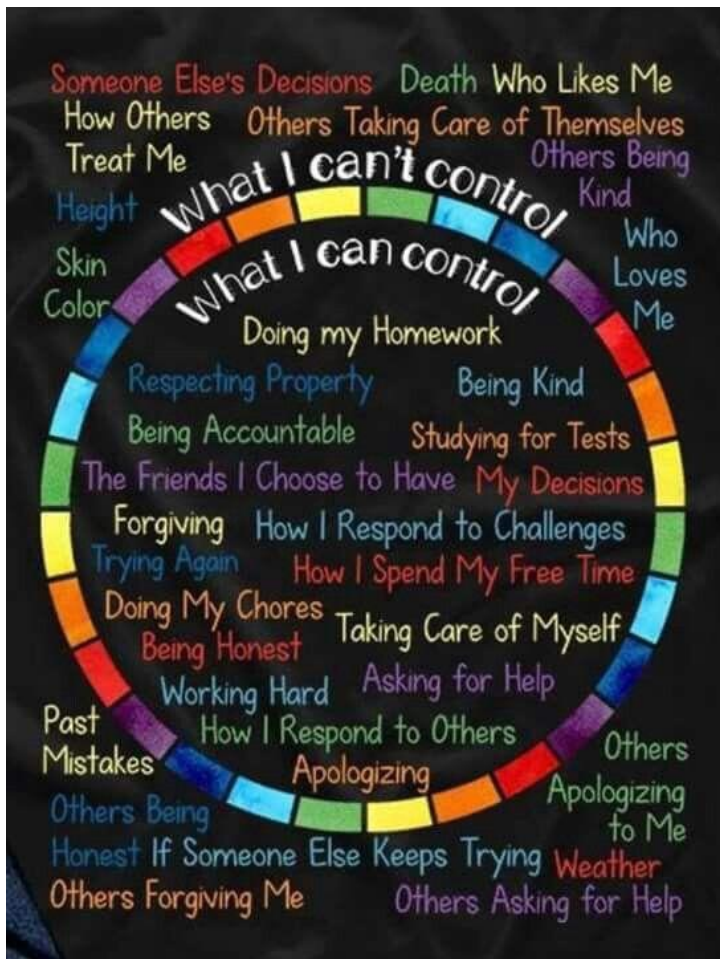


This is a tool developed by Stephen Covey. It is a useful resilience tool to help break down stressors and worries and empower you to use the areas you have control over and acknowledge and let go of those you do not. It puts you back into a position of power in a situation you may feel you little or none.

It is a tool adults can use, but also something you can do with your children to help them understand their feeling of fear, anger and worry at this strange time. You can use it with them to acknowledge their feelings and a basis for a conversation about this. Using emoji's or colours can help to support children to express feelings they may not have words for.

There are some examples of completed circles below. You can use words or pictures to draw your own.





# How are you feeling?



happy



embarrassed



scared



nervous



goofy



surprised



quiet



annoyed



cool



sad



tired



excited



bored



sick



frustrated



angry



funny



proud