**Family Circles Activity**

*Please use back if you need more space*

7 Natural Environments

6 Economics & Community

4 Friends, Neighbors, Culture

5 Agencies, Schools, Institutions

3 Extended Family

1 Self

2 Parents/Children

**How to use the family circles activity?**

**1 Self:** At the center of a family member’s world is your relationship with yourself (and your inner belief system, if you have one). Note your strengths, hopes and dreams. Note any conditions or qualities that deeply influence your life (athletic abilities, hearing impairment, sense of humor, etc).

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**2** **Partner and Child(ren):** List your partner’s name (if you have one), and your child(ren). Describe your partner’s and children’s aspirations. Note ways they contribute to the family’s self-sufficiency, and ways they hold it back. Ex-partners can be listed here, or in extended family, informal network, or formal network.

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**3** **Extended Family:** List extended family members, including grown children who are on their own. Note ways they contribute to your family’s self-sufficiency, and ways they detract from it. These influences can continue for a long time, even after the family member has died.

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 **4 Friends, Neighbors, and Culture**: List friends, neighbors, informal care providers, fellow members of a club, team or religious group, others who have a relationship with you by choice. These are the people outside of your family who make a real difference (stressful or supportive). Note the ways they influence your family life. How does your informal network contribute to your self-sufficiency or hold it back? Note cultural groups you are a part of.

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**5 Agencies, Schools, and Institutions:** List people who are in your life because it is their job: school teachers, agency workers, your job supervisor and co-workers. Note what you get (a paycheck, health insurance, self-worth). Note what you give (time, keeping a car on the road to get to work, time away from your family). How do these contribute to your family’s self-sufficiency, or hold it back?

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**6 Economics & Community:** Note economic influences in your family’s life (TANF changes-5 year limit, FedCap, your neighborhood is not safe, you just lost your job). Describe your community and how it affects your family’s self-sufficiency. Note local, State, national and global trends that impact your family’s self-sufficiency (good child care is hard to find, transportation barriers)

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**7 Natural Environments:** Note how the natural environment and its conditions affect your family (do you have access to a park and/or green spaces, does your child have asthma, do you have outdoor play space, does your family get out in nature.