

DOWN SYNDROME FOUNDATION OF ORANGE COUNTY

Circles

We will learn about different kinds of relationships.

We will also learn about different kinds of talk, trust and touch based on who is close and who is far away.

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The Three T's

- **Talk:** Means how much you talk to someone else and how formal your conversation is with them.

- **Trust:** Means how much you can rely on another person to safeguard your interests.

- **Touch:** Means how much body contact you will have with another person

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Quick Review:

- Who is the most important person in your world of circles?
- What circle are you in?
- What is the sign for your circle?
- What kind of talk, trust and touch should you use?

Purple Private

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Purple Private Circle

What can we learn about our friends from pictures of their room?

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Purple Private Circle



• **Talk:** You have private thoughts and feelings. You decide who you talk to and what you say.



• **Trust:** You can trust yourself. You decide who else you can trust.

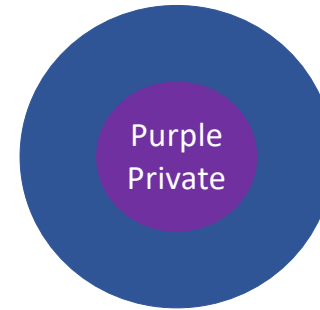


• **Touch:** Your body is your own. You decide who else can touch you.

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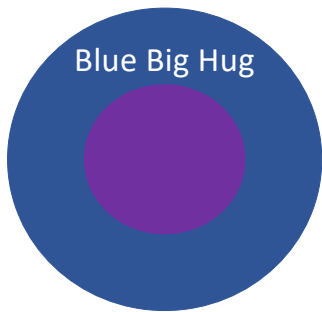
New Circle!



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Blue Big Hug



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Blue Big Hug Circle Sign

Do you see the circle made by the sign?

Is it big or little?

Why?



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Blue Big Hug Circle

Let's watch a video about the blue big hug circle.

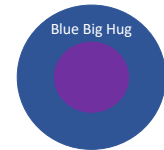


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Blue Big Hug Circle

- Who is in Sophia's blue big hug circle?
- In the video, what kinds of things did you see Sophia do with her family?
- Do you understand why Sophia's family is in her blue big hug circle?



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Blue Big Hug Circle

- Who is in your blue big hug circle?
 - Your **immediate family**.
 - Your immediate family includes:
 - Moms & Dads
 - Brothers & Sisters
 - Step-parents, Step-siblings or Half-siblings

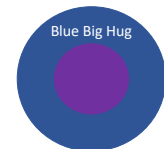


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Blue Big Hug Circle

- What kinds of things do you do with your family that puts them in your blue big hug circle?
- Some families:
 - Live together or see each other very often
 - Eat meals together
 - Know private things about each other
 - Have celebrations together
 - Talk to each other about feelings
 - Love each other, but not in a romantic way
 - Go on vacations and trips



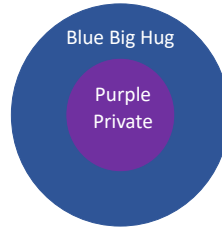
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Blue Big Hug Circle

When I am alone, I am in my purple private circle.

When I am with my family, they are in my blue big hug circle.



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Blue Big Hug Circle



• **Talk:** You can talk to your family about any subject, even something personal.



• **Trust:** You can fully trust your family.




• **Touch:** You can hug and touch your family, in a way that is loving, but not romantic.

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Blue Big Hug Circle: Sharing Time

1. My name is _____.
2. The members of my family are _____.
3. My family is in my blue big hug circle.
4. This is the blue big hug circle sign. 
5. With my family, I like to _____.

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Blue Big Hug Circle: Activities

1. Watch the video and discuss.
2. Complete the My Family worksheet.

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Blue Big Hug Circle: Activities

3. Complete the Checklist Activity.

The Blue Big Hug Circle: Checklist Activity

Your immediate family is in your blue big hug circle.

Using the list below, check off or write down activities you do with your family.

<input type="checkbox"/> Watch TV or movies	<input type="checkbox"/> Play cards or board games
<input type="checkbox"/> Hang together	<input type="checkbox"/> Take walks
<input type="checkbox"/> Exercise	<input type="checkbox"/> Play sports
<input type="checkbox"/> Create art	<input type="checkbox"/> Have dance parties
<input type="checkbox"/> Cook together	<input type="checkbox"/> Sing songs
<input type="checkbox"/> Go to church	<input type="checkbox"/> Look at photos
<input type="checkbox"/> Go out to dinner	<input type="checkbox"/> Have picnics
<input type="checkbox"/> Go shopping	<input type="checkbox"/> Go to museums
<input type="checkbox"/> Spend time at the beach or a park	<input type="checkbox"/> Go shopping
<input type="checkbox"/> Watch concerts	<input type="checkbox"/> Go on vacations
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

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Blue Big Hug Circle

For Next Session

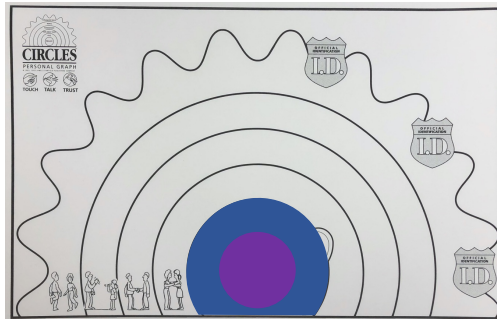
1. Send in pictures of your family
2. Be prepared to talk about the people in your family
3. Be prepared to talk about what activities you like to do with family members
4. Be prepared to share the My Family worksheet or Checklist Activity
5. If you are creating your own Circle Map, color the big blue hug circle and add the names of your family members

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Let's Do It!

1. Color your blue big hug circle.
2. Add the name of your family members to your big blue hug circle.



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