

## WORKSHEET 1: WORD/PHRASE LIST

Which of the following things or behaviors belong inside my *Circle of Grace*?  
Which things or behaviors should I work to keep out of my or another's *Circle of Grace*?

- **Harmful touch** (*hitting, kicking, pushing, touch that intrudes on your privacy, etc.*)
- **Taking good care of yourself** (*healthy foods, getting enough sleep, medication, getting help when needed*)
- **Drugs**
- **Caring touch** (*comfort from a parent, a kiss on the cheek from your grandparent, encouraging pat on the back, high-fives, etc.*)
- **Violence**
- **Kind words**
- **Bad or hurtful words said to someone at school**
- **Bad or hurtful words sent to someone from the computer or phone**
- **Compliments**
- **Putdowns said to someone in person or sent from the computer/phone**
- **Name calling in person or sent from the computer/phone**
- **Words of encouragement**
- **Love**
- **Hate**
- **Gossip**
- **Praise**
- **Prayer**
- **Forgiveness**
- **Excluding someone**
- **Sharing a secret**

Write each of these on your picture of the Circle of Grace in the place where you think they belong. Write other examples that you think of on your paper.

