

## 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**

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.

## Home Activity for Parents – Discussion Questions

Dear Parent,

We presented to your child the first lesson in our *Circle of Grace* program.

Below is a list of the key concepts being taught in this lesson:

1. **Grace**: The gift of God's goodness and love to help me live as his child.
2. **Children of God**: All people are made by and loved by God.
3. **Holy**: Special because of a connection with God.
4. **Holy Spirit**: God is present with and within me in a special way. The Holy Spirit helps me to remember that I belong to God. The Holy Spirit helps me to experience and live God's love.
5. **Respect**: Being kind to others and doing what's best for myself and others because I honor all people as Children of God.
6. **Circle of Grace**: The love and goodness of God which always surrounds us.
7. **Symbol**: A picture or object that stands for something else.
8. **Treasured**: We are so unique and precious that we could not be replaced in God's eyes.

It is important for you as parents and guardians to reinforce these concepts at your home with your child. A good time for these conversations might be:

- In the car
- Dinner time
- Bed time
- Homework time

The first lesson discusses the precious things and people we encounter in our daily lives. Below are several questions to help with the discussion.

- Ask your child what are five of his/her most precious items.
- Discuss with your child how precious he/she is to the family.
- Discuss that he/she is even more precious to God. We are so precious in God's eyes that HE encircles us in HIS *Circle of Grace*. It is a holy place!
- Ask your child what would not belong in their *Circle of Grace* (such as behaviors, words, ideas, objects, etc.).

Thank you for your support of the *Circle of Grace* program. It is essential and very much appreciated as we strive to provide the safest possible environment for our children. If you have questions please call the school or religious education office.

## Boundary Discussion Activity Scenarios

### 1. FENCE

You are playing alone in your back yard, and someone you don't know comes in your yard without permission.

- a. Has there been a boundary violation of your *Circle of Grace*? Why?
- b. How would you feel if this were to happen? Why?  
(Refer to the feeling chart.)
- c. If this boundary were violated, what can you do?
- d. What would be needed to make this situation safe?

### 2. BEDROOM DOOR

Your parents are out for the night. You are in your bedroom getting ready for bed with your door shut. Your babysitter comes in your room without knocking and you feel uncomfortable.

- a. Has there been a boundary violation of your *Circle of Grace*? Why?
- b. How would you feel if this were to happen? Why?  
(Refer to the feeling chart.)
- c. If this boundary were violated, what can you do?
- d. What would be needed to make this situation safe?

### **3. CLOTHES**

**You are at a family reunion and a relative pulls you on his/her lap and starts tickling you in a way that makes you uncomfortable.**

- a. Has there been a boundary violation of your *Circle of Grace*? Why?
- b. How would you feel if this were to happen? Why?  
(Refer to the feeling chart.)
- c. If this boundary were violated, what can you do?
- d. What would be needed to make this situation safe?

### **4. HOME (YOURS OR OTHERS)**

**You are at a friend's house and your friend turns on an R-rated movie for you to watch together. When you say your parents don't want you watching this kind of show your friend laughs and says, "If you don't tell them, they'll never know."**

- a. Has there been a boundary violation of your *Circle of Grace*? Why?
- b. How would you feel if this were to happen? Why?  
(Refer to the feeling chart.)
- c. If this boundary were violated, what can you do?
- d. What would be needed to make this situation safe?

### **5. SPACE BETWEEN YOU AND A KNOWN OR UNKNOWN PERSON**

**Your coach always asks you to stay after practice so the two of you can talk. He doesn't do that with anyone else on the team and sometimes when he's talking to you, you feel uncomfortable with how close he sits or stands by you.**

- a. Has there been a boundary violation of your *Circle of Grace*? Why?
- b. How would you feel if this were to happen? Why?  
(Refer to the feeling chart.)
- c. If this boundary were violated, what can you do?
- d. What would be needed to make this situation safe?

## 6. THE RULES OR LIMITS YOUR PARENTS HAVE SET FOR YOU

An adult you know has become very friendly to you. The extra attention and kind words make you feel special. Lately, he or she has been giving you small gifts and ask you not to tell your parents because they would not understand your special relationship.

- a. Has there been a boundary violation of your *Circle of Grace*? Why?
- b. How would you feel if this were to happen? Why?  
(Refer to the feeling chart.)
- c. If this boundary were violated, what can you do?
- d. What would be needed to make this situation safe?

## 7. APPROPRIATE BEHAVIOR IN SCHOOL

You are in school. The classmate next to you keeps talking to you during class. This is distracting to you and you're afraid of getting into trouble.

- a. Has there been a boundary violation of your *Circle of Grace*? Why?
- b. How would you feel if this were to happen? Why?  
(Refer to the feeling chart.)
- c. If this boundary were violated, what could you do?
- d. What would be needed to make this situation safe?