

Clarifications and Champions Activity

Silently read these terms and concepts from our lesson today, marking a star (★) by each item you feel confident explaining in detail to others, and a question mark (?) next to those you have some questions about.

Resilient Zone

High Zone

Low Zone

Tracking

Resourcing

Grounding

Help Now! Strategies

When you've all had time to read the list and annotate with stars and question marks, discuss the items that have question marks next to them.

Get CLARIFICATION by talking it through as a group, and coming to a mutual understanding of what this term or concept means. If everyone in the group has the same question, make a note of that for when we all come back together.

If there's time, also take turns being a CHAMPION for one of the terms or ideas on the list, saying what you think is important or valuable about it.

NOTES: