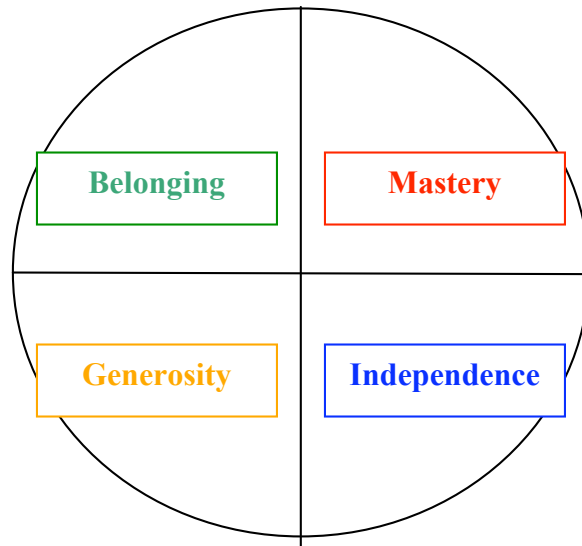


Positive Discipline Building Block 6
Why People Do What They Do & Circle of Courage Discussion

1. You need one sheet of a sketch pad for each person and lots of colored markers.
2. As you lead the discussion, have each group member draw the Circle of Courage and put in their own notes as you go along.
3. Start out talking about the idea that everyone needs certain things to be healthy and happy.
4. The authors of *Reclaiming Youth at Risk* developed the Circle of Courage to help people understand what four important needs are and how we can get these needs satisfied.



5. Draw the Circle on your flip chart and have the group members draw their own circles on their sketch paper.
6. Add one of the basic needs at a time. As you add each, lead a discussion about how each person in any group gets those needs filled. Here are some questions that might help—
 - What fills this need for you?
 - What groups are you in that fill this need?
 - Who helps you with this?
7. Write down as many of their ideas as you can.
8. As discussion about each quarter dies down, talk to them about what people do if that need isn't met.

Need:	What People Do:
▪ Mastery →	Give Up
▪ Independence →	Power Struggle
▪ Generosity →	Seek Revenge
▪ Belonging →	Seek Undue Attention

9. As you talk, ask some of these questions--
- What do you think of this way of looking at what people need?
 - How do you feel about it?
 - Can you think of examples of things you've done that fit this model?
 - How about other people?
 - How can we use this to help kids get their needs met?
 - How can these ideas help teachers, adults and kids help kids who are acting out?
10. After the "Belonging" discussion, ask the girls to think about cliques in school and what needs they fill. Here are some questions that may help with the discussion--
- How do you feel about this model for figuring out why people do what they do?
 - How do you think you can use this to feel better at school?
 - How could this discussion help you make your friendships stronger and happier?