

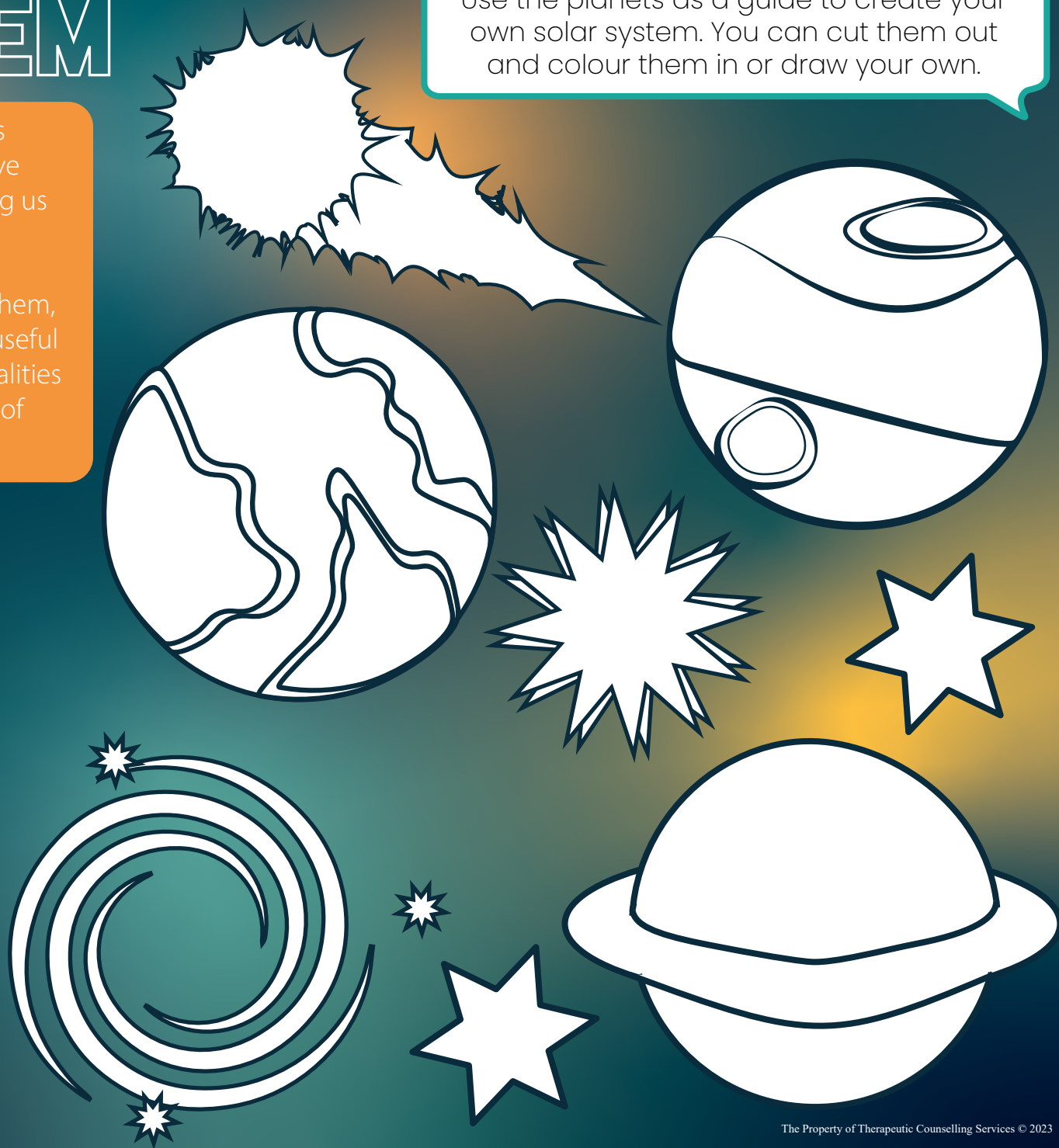
SOLAR SYSTEM

Feeling connected to our friends and family is particularly important for our wellbeing. Positive relationships help our overall resilience by helping us feel safe and secure.

Each of our relationships and what we get from them, how we are guided by them, is unique to us. It is useful to evaluate our relationships and identify what qualities we value from each person to boost our sense of security and safety.

- Think of yourself and the important people in your life as planets within a solar system. Begin by drawing/selecting a planet to represent yourself in the system.
- Next, think of the important people in your life – this can be friends, family, teachers, pets. Draw/choose a planet for each of these important people within the solar system. Consider the size, shape, and placement of each planet.
- Think about colours, locations, and different landmarks on each planet. Consider if the different aspects of each planet represent a certain skill, ability, or quality you have got from this person.

Use the planets as a guide to create your own solar system. You can cut them out and colour them in or draw your own.



MY SOLAR SYSTEM

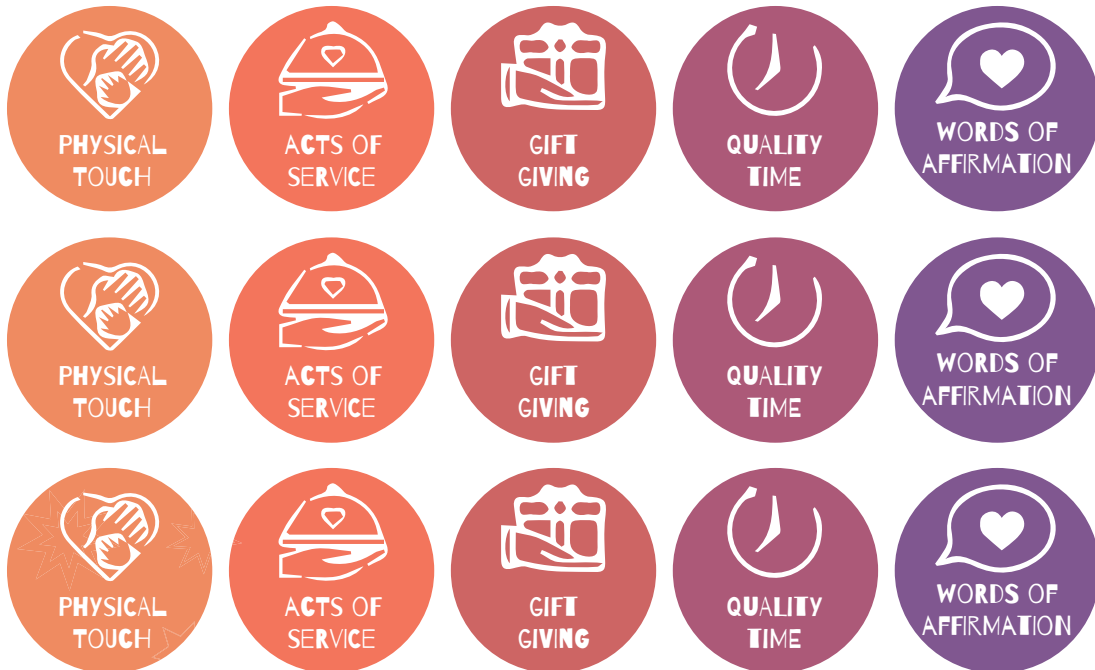
LOVE LANGUAGES

1. Considering your relationship to each person in your solar system, draw a line which represents this.

A solid line representing a strong relationship.

A squiggly line representing ups and downs.

A broken line representing a relationship that needs work.



2. Consider each of the love languages and rank your own preference from top to bottom in terms of which is most important.

3. Next, consider each person in your solar system. What do you believe their preference is. Which love languages do you give them, and which do you receive.

4. Cut out the Love Language tokens and place them next to the planets that represent that person.

MY LOVE LANGUAGES

- 1.
- 2.
- 3.
- 4.
- 5.