

# Who is in Your Corner?

Being able to develop, identify, and recognize your support system is important. Knowing you can turn to trustworthy individuals, when faced with pressures and decisions, is key for your self-responsibility. This activity will guide participants to discover those trustworthy people who are truly in their corners.

## Social Emotional Learning Competency:

- Relationship Skills
- Responsible Decision Making

## Purpose:

- Educator seeking or offering support
- Discovering and affirming positive relationships
- Reflecting on one's role to promote personal, family, and community, well-being

## Materials

- 4 pieces of flipchart
- Tape
- Sticky notes
- Markers, pens, or pencils

## Success Indicators

- Participants identify trustworthy individuals

**Recommended Group Size:** 15-20

**Recommended Age:**

**Est. Time:** 15 minutes

For more information and activity resources visit <https://ohio4-h.org>

## Preparation

Using tape place piece of flipchart in each corner of the room.

## Activity Description

1. Have participants identify 4 trustworthy individuals in their life and give their title, such as "parent, teacher, friend, coach, etc." Write one title per flipchart.
2. Give participants 5 minutes to think of different pressures, decisions, problems, etc. they have going on in their lives. E.g., "What is something you need help with right now?" "Is there a situation in your life causing you stress or pressure to make a tough decision?" Have participants write those down.
3. Now, have participants take a minute or two and decide who among those listed around the room, could help them with what they wrote down? Have them place sticky notes on the appropriate flip chart title.
4. Discussion Questions: "Were you able to identify someone to help you?" "How does that make you feel?" "Do you need help with how to reach out?"
5. Adding an, "I'm lost – I can't identify someone to help with this" flip chart may also be helpful to bring discussion from the group. In these cases, have the group discuss together who might be appropriate to help with a situation selected previously. Also, let participants know they have a safe space to come to you after the meeting if they need help figuring out who is "in their corner."

Created by: Rachael Fraley, 4-H Educator, 11/15/2022



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