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*“These beads are a road between us. Take hold at one end,  
I will at the other, and hold fast.”*

— Como, 1793

**Purpose:** To recognize support systems.  
To learn to utilize support systems.

**Materials:** Strand of Beads Handout or use real beads  
Pen or Pencil  
String and elastic string  
Various assortment of small beads

**Procedure:**

- Discuss support systems and why they are important.
- Discuss different types of support systems
- Discuss how to use support systems in times of need.
- Complete Strand of Beads Handout.
- String beads to create a beaded bracelet to give to those you consider your support system.

**Extension:** Have students discuss times when they could have benefited from the council of their support groups.

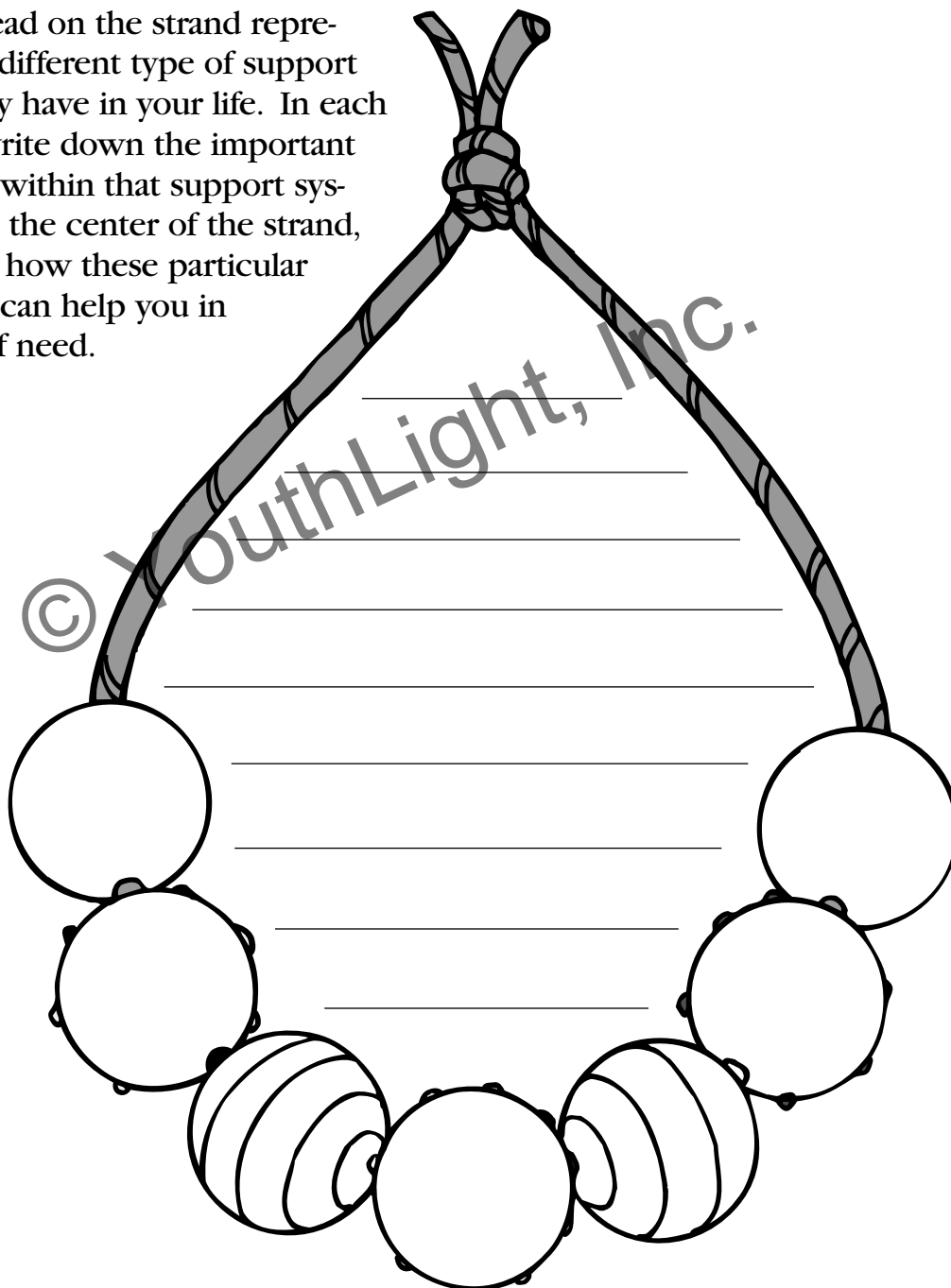
Have students string beads that represent each person in their support system.

Encourage students to carry or wear the beads during times of stress or difficulty to provide themselves with a concrete reminder of the people who are supportive of them.

# Strand of Beads

## RECOGNIZING AND APPRECIATING SUPPORT SYSTEMS

Each bead on the strand represents a different type of support you may have in your life. In each bead, write down the important people within that support system. In the center of the strand, explain how these particular people can help you in times of need.



# Steep Path of Glory

## WORK SHEET

### Self-affirming Thoughts:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Self-defeating Thoughts

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Self-affirming Behaviors:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Self-defeating Behaviors:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_