

The research is clear. The more assets a child or youth has, the more options they will have. These assets are built upon a web of support that is anchored through our relationships with caring people. These caring people can be peers, parents, family members, teachers, and adults in the community – even heroes from literature, music, and history. These supporters and their stories create our intricate webs of support.

In this exercise you will name the people who hold up the strands of your dream catcher.

**1.** Ask the students to suggest words and phrases that help define the word support. Think a person, adult or friend, who supports you. What do they do or say when they are supporting you? What does support look like? Make a list. Your list may include:

- v Emotional support
- v Nurturing.
- v Food
- v Shelter
- v Clothing

**2.** Ask the students to use the words and phrases to create a simple definition of support.

**3.** Now think of the people who support you. What types of people support you in your life.

## Who are the people that hold up your dream catcher?

List their roles and titles: like friend, mom, teacher, state trooper, etc...

**4.** Give students a blank piece of paper and have them write in the names of people who support them. Encourage the students to arrange the names in a circle – like the anchor points on the dream catcher.

**5.** Beneath each name, have the students write one thing that individual does to support the student.

**6.** Explain that these are the people who are holding up their dream catchers. These are the people who are working to build assets in them every day.

**7.** Have the students write how they contribute to their dream catcher. What do they do to support the people who are supporting them?

**8.** Have the students write simple notes to the people they listed. These notes simply thank the person for being a part of their dream catcher. This is done for two reasons: 1) to thank them; and 2) to make the individual aware of the positive influence s/he has upon the youth.

**9.** Have the students hand deliver the notes with some basic information on the 40 assets and their power.

# Activity

# #2