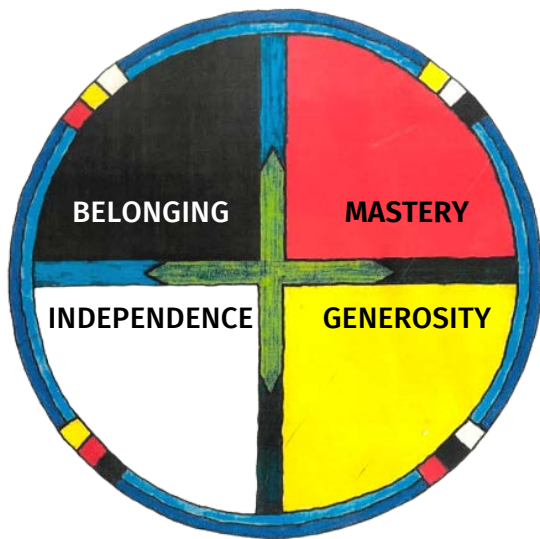


CIRCLE OF COURAGE



CORE PILLAR

Cultivating community-focused, citizen-based life-long learners!



WHAT IS THE CIRCLE OF COURAGE?

The Circle of Courage is a framework for well-being based on contemporary research on resilience and Indigenous philosophies of child care and wellness. The model was created by Drs. Larry Brendtro, Martin Brokenleg and Steve Van Bockern, and is based on the image of the medicine wheel. This model promotes four core values, which are representative of four universal human needs:

- Belonging: I am loved!
- Mastery: I can succeed!
- Independence: I have the power to make decisions!
- Generosity: I have a purpose for my life!

WHY CIRCLE OF COURAGE?

The Circle of Courage model promotes student empowerment, caring and empathy. Research demonstrates that students who use the Circle of Courage report improved self-worth, self-esteem and are better able to cope with problems that arise at school, at home and in the community. Research also shows that the Circle of Courage lowers the incidence of discipline problems that result from self-centred and anti-social behaviours.

HOW IS IT USED AT CAA?

Visual representations of the Circle of Courage are present in each learning space, and all staff are trained on how to implement this model with students. Students learn how to advocate for themselves using the quadrants of the Circle of Courage, and show support for each other by ensuring that all students have their needs met as well. The language of the Circle of Courage is also used in narrative comments on student report cards.

LEARN MORE: Brendtro, L. K., Brokenleg, M., & Van Bockern, S. (2019). *Reclaiming youth at risk: Futures of promise*. (3 edition). Solution Tree Press.