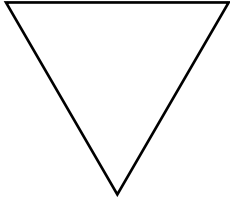


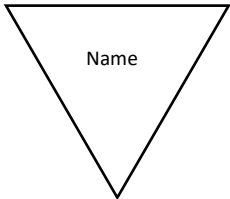
Supplies needed:

1. Blank sheet of paper
2. Pencil
3. Ruler is optional

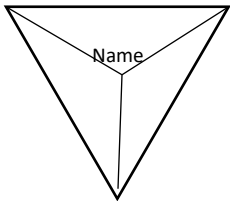
A. Create a spider web by drawing a large triangle on your page. Make it big enough to write on:



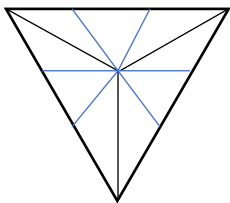
B. Put your name at the centre:



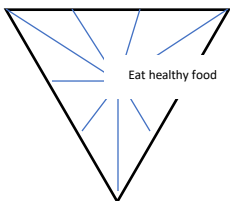
C. Draw 3 lines inside the triangle that meet in the centre right over your name:



D. Add more lines from the centre of the triangle to the outer lines of the triangle:



E. On these lines going from the centre to the outside of your triangle, write ways that you care for yourself. Add as many as you can think of.



F. Share in small groups or in the larger group 3 ways that you care for yourself. Show your web as you share.