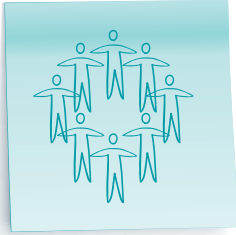


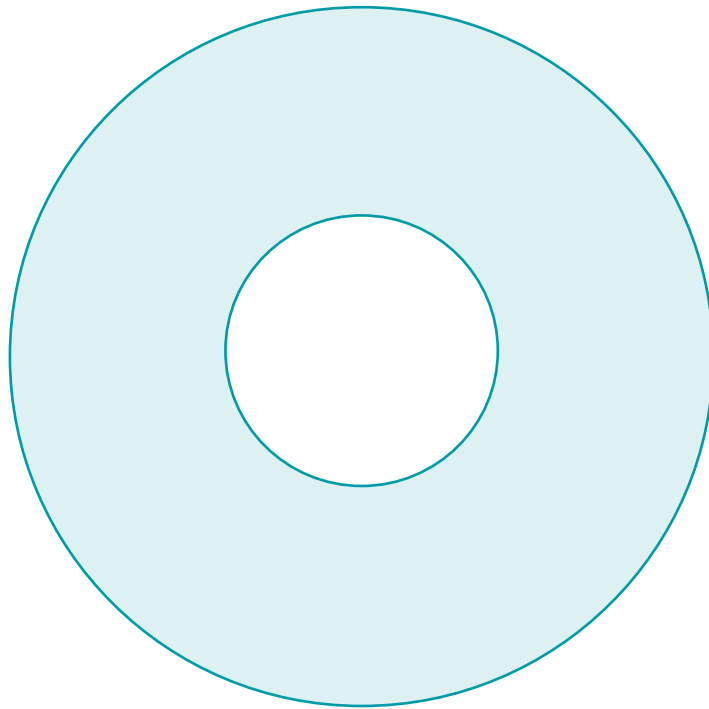
Activity 3



My Circle of Family and Friends

Are you responsible for the health of other people? Do you make appointments, plan meals, or manage someone else's medication? Maybe children, or an elderly parent, or a spouse, or a friend?

1. Put your name in the centre of the circle.
2. Put the name or names of the people for whom you are responsible in the outer circle.



Your Family and Friends' Health

Now think about one of the people whose name you wrote in your circle of family and friends. Put a mark on 1 if you think the person is very unhealthy and 10 if you think they are very healthy, or mark somewhere in between.

