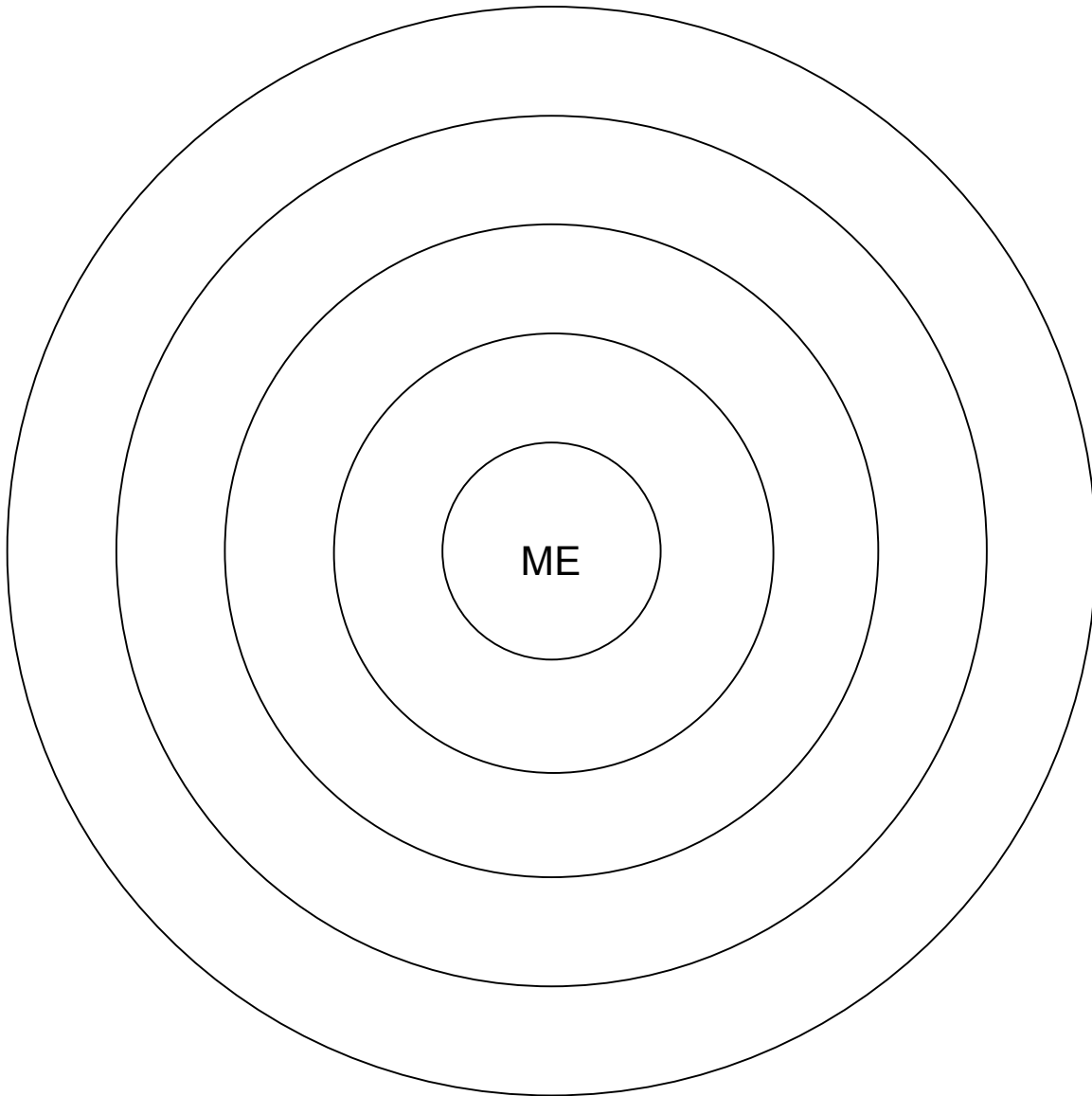


**ATC 4E: The Personal Ripple Effect Map**

For each of the rings above, assign a life category (i.e. work) or a group of people that affect you and that have an effect on you (i.e. the community). If required, you may add more rings to accurately depict your map and please feel free to colour code the rings to represent the various areas/groups. Please note that the centre ring will be labelled as YOU!

Based on our opening and closing circle discussions in class, record and explain one act of kindness that you have initiated and OR one act of kindness that you have been the recipient of. (Use another sheet of paper if necessary).

### ATC 4E: The Personal Ripple Effect Map-Analysis

During yesterday's class, you allocated groups or life categories to various rings on your Ripple Effect Map. For this portfolio activity, please complete the following chart based on the principles that we physically explored in today's class: Giving, Sharing and Receiving. For each ring, provide an example of when that ring (i.e. your workplace) took on the action of giving, when there was evidence of sharing between you and the ring and when this category/ring received something from you.

Ring Number & Name	Example of Giving	Example of Sharing	Example of Receiving