

**Independent Living Program Coversheet**

**Category: RELATIONSHIPS & COMMUNICATION**

**Activity: The Family You Choose**

**Description:** **The objective of this assignment is:** To help you identify your support system. Whether your support system includes siblings, relatives, friends, or mentors it's a combination of these individuals that make the family you choose.

**To receive full credit for this assignment, you will need to:**

- Create your scrapbook and turn in a picture of it.
- Email the completed work along with this cover sheet to: Michelle Estrada at [mestrada@orangewoodfoundation.org](mailto:mestrada@orangewoodfoundation.org)

**You may earn up to \$20.00 ILP dollars for completing this assignment.**

Total Dollars Earned:

<p>\$</p>
<p>(ILP Use Only)</p>

Notes:

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Date: \_\_\_\_\_

<p>_____ Youth Signature</p>	<p>_____ Date of Birth</p>
<p>_____ Print Name (Youth)</p>	<p>_____ Group Home (If Applicable)</p>

<p><b>Receipt</b></p>   <p>(ILP Use Only)</p>
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## The Family You Choose

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Having a good support system of people that you like, respect and trust is beneficial to your everyday life. Your family tree does not have to stop at your relatives. They can be friends, teachers, faith leaders, neighbors or peers.

**Activity:** Make a scrapbook (PowerPoint, Google Slides or write it out) in which you include a picture or symbol for someone in your life (family, friends, teachers, etc.) and describe the impact they have in your life. How do they show you that they care about you and that they can be trusted? Who is the most inspiring person in your life? Include some of your favorite activities to do with these people.

**Example:** Esmeralda is the biggest supporter I have in life. I trust her to give me advice on pretty much anything in life and she is always there for me when I need a hug. I know I can count on her when I am in trouble and to love me unconditionally. When I am sick, Esmeralda makes food for me and bring over anything I might need. (Include picture or symbol of Esmeralda or something that represents your relationships).