

Figure 2.4: Four Corners

Directions: Stand in the corner that represents what makes you the most uncomfortable.

- Sharing an unpopular opinion
- Asking for help
- Standing up for yourself
- Trying something new

Share with the peers in your corner an example of a situation when this would make you feel uncomfortable.

Source: Adapted from Andrea Bean & Susan Totaro, West Windsor-Plainsboro Regional School District, 2019.