

## **Toolkit 1 - Learning Unit 4 Pre-intervention**

### **Activity 2B The inner aspects of a sense of belonging**



Training

A table of positive qualities to be completed. Please think on your sense of belonging and what it gives to you and then write how much you have due to being a part of a group/team (from 1 to 5):

openness  
courage  
patience,  
responsibility  
better self-awareness  
authenticity  
acceptance,  
creativity  
in-depth contact  
motivation  
control of emotions  
assertiveness  
cooperation  
support system