

Circles

Color	Relationship	Examples of Interactions
Purple	Myself	Self-care, self-soothing
Blue	Immediate family (family that lives with me)	Hugs, Kisses
Green	Extended family (family that lives in a different house), close friends, teachers	Hugs (maybe kisses for family)
Yellow	Acquaintances (people I know by name) ie: bus driver, people from community/church, etc.)	Handshake, high five
Orange	People I recognize (but don't know their name) ie: police officer, fireman, mailman, etc.	Wave and "hello"
Red	People I don't know "Strangers"	No contact. Get a trusted adult if they talk to me.