



Circle Guidelines

1. **Respect** the talking piece.
2. **Speak** from your heart.
3. **Listen** with your heart.
4. **Speak** with respect.
5. **Listen** with respect.
6. **Remain** in the circle.
7. **Say** just enough.
8. **Honor** privacy.

Community Building Circles

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

3. Talking Piece (What objects are you using and why?)

4. Check In (How will you invite participants to describe how they are feeling?)

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

7. Closing (How will you close the circle?)

“Being 12” Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

Introduce the video by saying that kids were interviewed about what being 12 years old was like?. Watch the 6-minute video “Being 12.”

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

Review the shared guidelines and values.

3. Talking Piece (What objects are you using and why?)

Bring an item or picture that represents you at middle school age.

4. Check In (How will you invite participants to describe how they are feeling?)

From 1-10, how do you feel about the age that you are now? 1 means this is the worst/hardest age to be and 10 means I love this age and wish I could stay this age forever.

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

In the video we heard kids describe what it’s like being 12. What is the hardest thing about being your age? (The question can also be phrased, “What is the hardest thing about being a 6th/7th/8th grader?”)

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

Say an age that you would like to go back to or can’t wait to be. “I can’t wait to be 16.” or “I want to go back to 5” or just say a number “18”

7. Closing (How will you close the circle?)

Chant, “JNLA, Phoenix We Rise!”

Believing in You Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

Read the following quote from Abraham Lincoln: "I'm a success today because I had a friend who believed in me and I didn't have the heart to let him down."

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

Review the shared guidelines and values.

3. Talking Piece (What objects are you using and why?)

Bring an item that is meaningful to you.

4. Check In (How will you invite participants to describe how they are feeling?)

How was your weekend? You can use a number 0-10 to describe it or tell us something that you did or something that happened.

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

(Reread the quote) Think about a person who believes in you and that you don't want to let down. Finish one of these two phrases:
I know _____ believes in me because _____. **OR**
I don't want to let down _____ because _____.

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

How did you like circle today?

7. Closing (How will you close the circle?)

Think about someone you believe in. How can you show them you believe in them? Take 4 deep breaths as a circle and as you think about that person.

Bucket Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

Watch the video, "Have You Filled a Bucket Today?"

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

Review the shared guidelines and values.

3. Talking Piece (What objects are you using and why?)

Pick an object that might represent bucket-filling or a person who is a bucket filler.

4. Check In (How will you invite participants to describe how they are feeling?)

Think about the name of a person who fills your bucket. If you feel comfortable, say that person's name (ex. "Martha," "John," "Ms. Doe") or just say what that person is to you (ex. "friend," "teacher," "family member")

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

What does that person do to fill your bucket?

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

What can you do to fill someone else's bucket today?

7. Closing (How will you close the circle?)

Simple gestures can fill a bucket (like fist bumps or high fives). Start high fives and/or fist bumps around the circle (see how fast you can pass them around the circle or start from both ends and see which person it gets the "double whammy")

Childhood Memory Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

The circle this morning is about memories. Watch the beginning of the music video from Ed Sheeran's "Photograph."

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

Review the shared guidelines and values.

3. Talking Piece (What objects are you using and why?)

Bring a talking piece that represents a memory (preferably from childhood).

4. Check In (How will you invite participants to describe how they are feeling?)

What did you do on the weekend?

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

What is your favorite childhood memory?

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

One Word Story. Each person in the circle will say a word and try to construct a story that makes sense. (For example, the first person says "one" and the next person might say "day.")

7. Closing (How will you close the circle?)

Give a high five to the person on each side of you.

Cyberbullying Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

Show video *Cyberbullying*.

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

Review the shared guidelines and values.

3. Talking Piece (What objects are you using and why?)

Bring an item that is meaningful to you.

4. Check In (How will you invite participants to describe how they are feeling?)

Would you rather give up your phone or not see your friends for one week?

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

The I in RISE stands for integrity. Integrity can be thought of as doing the right thing when no one else is looking. Cyber-bullying can be an example of someone lacking integrity because they are posting things online that they wouldn't say in person. How can we show integrity? Think of a time when you or someone you know did the right thing.

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

What is one thing you are looking forward to this week? Or what is one thing you are dreading?

7. Closing (How will you close the circle?)

Read In Lak'ech poem. (7th and 8th graders should be familiar with this poem already.)

Goals Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

Share Michael Jordan's "Failure" Nike commercial. (You will find video in Google Drive, under Seminar Lessons and attached to your email.)

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

Review the shared guidelines and values.

3. Talking Piece (What objects are you using and why?)

Bring an item that represents a moment of perseverance in your life (a medal, an award, a trophy, etc.).

4. Check In (How will you invite participants to describe how they are feeling?)

Share one word that describes how you would feel if you accomplished one of your dreams/goals.

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

Share something that you are good at and something that you are not so good at, but would like to improve.

I am good at _____, but I'm not good at....

I am good at _____, but I would like to improve...

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

Name one person that would also like to see you accomplish your goal.

7. Closing (How will you close the circle?)

Let's close this circle by chanting and clapping Queen's "We Will Rock You" clap. (clap on your lap 2x, then clap your hands 1x)

“Make You Feel My Love” Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

Play the first two stanzas of “Make You Feel My Love” by Adele. (Have students look at lyrics as the music plays)

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

The circle guideline to focus on is “Listen with Respect.” What that looks like is everyone facing every speaker with their head up and making eye contact - a good way to think about it is “follow the talking piece.”

3. Talking Piece (What objects are you using and why?)

Today we'll be talking about the ways in which we express and receive love. Here is an amazing gift I got when I left my last school from two co-workers.

4. Check In (How will you invite participants to describe how they are feeling?)

On a scale from 1-10 how are you feeling right now and why? Let's take it to the next level and avoid saying “it's an okay day.” What is one specific thing (good or bad) that is causing that number.

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

On the back of the lyrics, look at the five love languages (read through them). The author says that everyone has a primary language. What is your primary language?

Which love language is the most difficult for you and why do you think that is?

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

To check out, which love language do you want to get better at so that you can make the people around you feel your love?

7. Closing (How will you close the circle?)

To close, I'm going to continue playing the song as we put the chairs back.

Mother/Important Woman Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

Show the beginning of the First 5 “How I Really Got Here” video.

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

Read guidelines.

3. Talking Piece (What objects are you using and why?)

Bring a picture or an item that reminds you of an important woman in your life.

4. Check In (How will you invite participants to describe how they are feeling?)

What's one word you would use to describe a strong woman? (*Provide a student-generated word bank)

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

Let me introduce you to my mother (or another important woman in your life). She's the kind of woman who...

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

On a scale of 1-10, how are you feeling right now?

7. Closing (How will you close the circle?)

Pass a high-five.

Name Circle

1. Opening (How will you open this circle? A poem, quote, song, breathing, story, etc.)

Read the poem "My Name" by middle school student Lamara Brooks.

2. Guidelines and Values (What questions will you ask to create shared guidelines & values?)

Review the Circle Guidelines and focus on the talking piece.

3. Talking Piece (What objects are you using and why?)

Award from middle school. Talk about how it feels to see your name written on something.

4. Check In (How will you invite participants to describe how they are feeling?)

On a scale of 1-10, how much do you like your name? One means you hate it and you want to change it and ten means you love it and it fits you perfectly. Just give a number.

5. Discussion Round (What needs to be addressed in circle? What questions will you ask?)

Tell why you gave that score. "I gave my name a _____ because _____."

6. Check Out (How will you ask participants how they are feeling at the end of circle?)

Does your family have a nickname for you or someone else in your family? What is it?

7. Closing (How will you close the circle?)

On the count of three, whisper your name over and over to yourself.