

Community Building Circles

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.