

Community Building Circles

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")