

Community Building Circles

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!"