

Community Building Circles

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

We have come together today to learn more about one another and to be together in a way which will make our school community stronger, closer and safer. Watch Disney short film "[Lifted](#)". In today's circle we will think about ways we can relax and stay focused during testing.

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?)

On a scale of 1-10, how do you feel about testing? 1 is hate it and 10 is love it, it's easy for me.

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

What do you find most difficult about testing or why is it easy for you?

Sentence Stems:

What I find most difficult during testing is... Testing is easy for me because...

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

What strategies can help you be more relaxed and focused during testing?

Sentence Stems:

A strategy I use to keep me focused during testing is ...

Before taking a test I _____ to keep me relaxed.

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

Take three deep breaths and listen to "[Watch Me Test](#)".