

Community Building Circles

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

Watch: Happiness is Helping Others

<https://www.youtube.com/watch?v=zcrulov45bl>

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?)

An object that symbolizes 'helping others'

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

Use one word to describe how you feel when someone helps you accomplish a difficult task or helps you when you least expect it.

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

In the video we see various acts of service that the man does to help others without getting any money, favors, or objects in return. Define service as "The action of helping or doing work for someone." Think about a time when someone did something for you or you did an act of service for someone else. What was it and how did you feel?

Sentence frame: "An act of service someone did for me was... I felt..."

"An act of service I did for someone was..... I felt..."

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

Students share one act of service they can do sometime during the week

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

Listen to Lean on Me by Bill Withers