

## Community Building Circles

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

Start the circle by leading three deep breaths. Take a deep breath in, trying to take at least 4 counts, breath out slowly for at least 4 counts. Repeat two more times.

### 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?)

What is one word that describes your break?

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

Why did you choose that word to describe your break?

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

What is one thing that you are looking forward to or dreading about being back in school?

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

JNLA Cheer-J-N-L-A Phoenix, we rise! R-Respect, I-Integrity, S-Service, E-Empathy