

Community Building Circles

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

Show video *Brené Brown on Empathy*. Today we are coming together in a circle to build community and think about how we can listen with understanding and empathy.

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?)

Use one word to describe your weekend.

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

In the video Brené Brown talks about 4 qualities of empathy: being able to see someone else's perspective or understand a different point of view; not be judgmental; recognizing another person's emotions; and being able to communicate it. How have you shown empathy toward another person or when has someone shown empathy toward you? How did it feel?

A time when someone showed me empathy was when...It felt...because...

A time I showed someone empathy was when...It felt....because...

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

Last week we talked about filling other people's buckets. In what way will you fill someone's bucket this week?

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

Do the JNLA cheer and close with repeating RISE:
J-N-L-A, Phoenix we rise! Respect, Integrity, Service, Empathy!