

Community Building Circles

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

Watch video, "Jake Olson Comes Full Circle"

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 resiliency. Define resiliency: Human resilience is the capacity to cope well with times of adversity or hardship (and even be strengthened by them). It is the ability to bounce back from difficult times to a fulfilling life while retaining a positive sense of self.

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

How do you feel today?

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

In the video you see how Olson accomplishes his dream despite having an overwhelming obstacle. What do you think helped him be resilient? Hardships are part of life. You might feel caught in troubles, troubles and more troubles. Too many troubles and too many bad feelings can pull you into a downward spiral. You can be a "sit down and do nothing except feel sorry for yourself kind of person" or you can be a go-getter. Think about a tough moment in your life. How did you react? Did you overcome it?

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

What positive things will you say to yourself when things get tough?

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

Choral Read Snoopy Comic Strip.

