

Community Building Circle Agenda

Materials: Centerpiece, talking piece

min	Opening Ceremony
	<ul style="list-style-type: none"> - A short activity to get grounded in the space. This could be a breathing exercise, a quote, or a movement.
mins	Review Guidelines
	<p>Guidelines are agreements about how we will be together in circle so that all participants have the opportunity to experience safety and the ability to share openly.</p> <ul style="list-style-type: none"> - Speak and Listen from the heart. When everyone shares openly, circles are magical supportive spaces that can help us connect and heal together. When people hide themselves and their voices, we lose the opportunity to connect with each other. We also recognize that some things are too private to share with each other and we do our best to share as openly as possible while also being careful not to share things we're not ready for others to hear. - Speak and Listen with respect. Maintaining a respectful tone and choosing words that are respectful allow us to have a safe space to speak openly. - Honor Privacy (what we talk about in circle stays in circle). - Respect the talking piece- talking piece always goes around the circle, never back and forth or across. This allows for all circle participants to have an equal opportunity to speak. - Remain present in the circle, giving our full attention to the person speaking is the gift we give them and that we accept from them when we have the talking piece. <p>OR</p> <ul style="list-style-type: none"> - Use values created together with group/class
mins	Check in
	<ul style="list-style-type: none"> - An opportunity to get a temperature check on how folks are doing.
mins	Ice Breaker
	<ul style="list-style-type: none"> - Allows folks to start to open into sharing in a fun and less vulnerable way
mins	Main Discussion

	<ul style="list-style-type: none">- Plan to ask questions that will be meaningful and support students opening up.- If you have multiple questions, its good to start with low vulnerability, get increasingly vulnerable, and finish with low vulnerability to support
mins	Closing