

Community Building Circle

PD Circle

Theme: Love (20 min)

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

In the spirit of LOVE and community, we're opening with the following three quotes (written on poster paper). Please respond to a quote or multiple quotes with **one word**.

You know you're in love when you don't want to fall asleep because reality is finally better than your dreams. Dr. Seuss

I love you without knowing how, or when, or from where. I love you simply, without problems or pride: I love you in this way because I do not know any other way of loving but this, in which there is no I or you, so intimate that your hand upon my chest is my hand, so intimate that when I fall asleep your eyes close."

— Pablo Neruda, *100 Love Sonnets*

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

— Martin Luther King Jr., *A Testament of Hope: The Essential Writings and Speeches*

2. Introduction of the Talking Piece (What objects are you using and why?) - Danya

Describe your objects, and then remind folks that they can share or they can pass when the talking piece gets to them.

3. Check-In (What question will you ask?) - Karen

Name a person you thought of when reading the quotes.

4. Guidelines & Values (What questions will you ask to create shared guidelines and values?) - Danya

Review the guidelines & values

5. Discussion (What needs to be addressed in circle? What questions will you ask? How many rounds?) - Karen

How was love show to you as a child/teenager/growing up?
Please share a moment with us.

6. Check out (How are people feeling right now?) – Ms. Akuamoah

Ms. Akuamoah...yeah?...I love you....I love you too 😊

7. Closing (How will you close this circle? Poem, quote, song, breathing, story, etc.?) - Danya

Have everyone take in a deep breath together and exhale

Community Building Circle

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

In order to open our circle today we are going to look at a quote from Audre Lorde:

“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.”
Think about what this means to you.

2. Introduction of the Talking Piece (What objects are you using and why?) - SP

Describe your objects

Then remind folks that they can share or they can pass when the talking piece gets to them

3. Check-In (What question will you ask?) - SP

What did that quote make you think of?
(1 round)?

4. Guidelines & Values (What questions will you ask to create shared guidelines and values?) - Ellie

I'll review the guidelines & values

5. Discussion (What needs to be addressed in circle? What questions will you ask? How many rounds?) - Ellie

Audre Lorde's quote about division reminds us of the importance of making personal connections and getting to know people on a deeper level. Without these connections we cannot move forward together as a community to create positive change.

I want us all to reflect on the community circles that we have been doing during our Thursday PDs. Has having these circles impacted the way that you work with others in our school? Has it allowed you to connect with people you don't work with on a regular basis? How has it impacted our work environment?

Please share your reflection about the community circles and how it has impacted you.
(2 rounds)

6. Check out (How are people feeling right now?) - Ellie

After listening to what folks have shared pick a word or two to describe how you feel.

7. Closing (How will you close this circle? Poem, quote, song, breathing, story, etc.?) - SP

To close our circle we are going to recite a poem called “In Lak'ech” in order to remind us of the importance of community and working together. I will read the parts in Spanish and all of you will respond with the English verse:

Tú eres mi otro yo.
You are my other me.
Si te hago daño a ti,
If I do harm to you,
Me hago daño a mi mismo.
I do harm to myself.
Si te amo y respeto,
If I love and respect you,
Me amo y respeto yo.
I love and respect myself. -

Circle Prep Sheet

1. Opening

TLC's "What About Your Friends?" video clip (or a different song/video about friendship)

<http://www.youtube.com/watch?v=92gHq1s6G-c&feature=kp>

Ask participants to write on their notecard what the lyrics make them think of and share with an elbow partner

2. Introduction of Talking Piece

3. Check-In

Think of the first friend that you can remember having/making (or one of the first) and share that person's name

4. Guidelines/Values Review

5. Discussion Round

Read the following excerpt from *Friendfluence: The Surprising Ways Friends Make Us Who We Are* by Carlin Flora. Ask participants to write on the backside of their notecard what words/concepts from the excerpt resonate with them. People may also write questions, memories, or other connections.

"Best friends don't have to share an identity per se, but they do need to support the other's view of himself, and make each other feel great about their pursuits. Weisz asked a group of college freshmen about their close friends, and used questionnaires to determine whether they received social identity support from them. She then followed up five years later, when the students had graduated and moved off campus. Social identity support didn't predict whether the friendships generally endured, but it did predict whether one of the friends became a best friend. Part of maintaining a close friendship, points out Weisz, is supporting someone's identity as it inevitably shifts over time. "When one friend gets into exercise and healthy eating, it can be hard for her to not become judgmental of a friend who doesn't have a strong desire to get in shape," she says. "Or when one friend comes into money and wants to take nice trips while the other can't afford them—these changes are difficult to work through."

*During the discussion round, participants may share what they wrote on the front or to the back of their card

6. Check Out

Ask participants to name a friend or someone they'd like to befriend at school/work

7. Closing watch the remainder of the video TLC's "What About Your Friends?" video clip

<http://www.youtube.com/watch?v=92gHq1s6G-c&feature=kp>

Opening (E): "In dealing with those who are undergoing great suffering, if you feel "burnout" setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective." ~ Dalai Lama

Question: What word or two stood out to you about this quote?

Introduce Talking Piece (D): We use the talking piece to ensure equitable talking space. You have the choice to share or pass as you wish.

Check- In (E): What is an activity that you do to de-stress?

Guidelines (D) & Values (E): Guidelines: Respect the talking piece, Speak from the heart, Listen with your heart, Speak with respect, Listen with respect, Remain in the circle, Honor privacy.

Values: Share our groups' core values from the plate activity

Discussion (D): What do you need in order to have a better work-life balance? (2 rounds)

Check Out (E): If you could write a song title to describe how you've been feeling lately what would your song be called?

Closing (D): Hand Game

Community Building Circle

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

We have come together today to learn more about each other and build a stronger community. To open our circle today we are going to listen to the beginning of “Bag Lady” by Erykah Badu. You have the lyrics in front of you if you would like to follow along.

Song plays for 1min 30 sec

This is a song about a woman with a lot of baggage that she’s carrying which is holding her back. Today in circle we are going to create a space so that we can all let go of some baggage we’ve been carrying since the beginning of the school year.

2. Introduction of the Talking Piece (What objects are you using and why?)

Describe your objects

Then remind folks that they can share or they can pass when the talking piece gets to them.

3. Check-In (What question will you ask?)

You have two bags; one is heavier than the other. What is in them?
(Home, work, a particular child or family, etc.)

4. Guidelines & Values (What questions will you ask to create shared guidelines and values?)

I’ll review the guidelines & values

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

How do you handle the load/bags? Do you pass it on to someone else?

6. Check out (How are people feeling right now?)

To end on a happier note we are going to open up the space for shout outs. You can pick 1-2 folks to give props too, just keep it short and sweet. Remember you can give them more details about how dope they are at happy hour.

7. Closing (How will you close this circle? Poem, quote, song, breathing, story, etc.?)

We're going to finish with the unity clap, which originated from the Farm Workers Movement during the 60's. Filipino and Latino farm workers worked together in the fields, but they had no way to communicate due to language and physical barriers. To show that they were united, the farm workers would start a unity clap at the end of the day. The unity starts off slow like a heartbeat, and gets faster and faster. This shows that we have accomplished something together.

"Bag Lady"
by Erica ERYKAH BADU LYRICS

Bag lady you gone hurt your back
Dragging all them bags like that
I guess nobody ever told you
All you must hold on to
Is you, is you, is you

One day all them bags gone get in your way
One day all them bags gone get in your way
I said one day all them bags gone get in your way
One Day all them bags gone get in your way

So pack light
Pack light
Pack light
Ooh ooh

Bag lady you gone miss your bus
You can't hurry up
Cause you got too much stuff
When they see you comin
Niggas take off runnin
From you it's true oh yes they do

One day he gone say you crowdin my space
One day he gone say you crowdin my space
I said one day he gone say you crowdin my space
One day he gone say you crowdin my space

So pack light
Pack light
Pack light
Ooh ooh

Girl I know sometimes it's hard
And we can't let go
Oh when someone hurts you oh so bad inside
You can't deny it you can't stop crying
So oh, oh, oh
If you start breathin
Then you won't believe it
You'll feel so much better
(So much better baby)

Bag lady
Let it go, let it go, let it go, let it go
Ooh, ooh

Girl you don't need it
I betcha love can make it better
Betcha love can make it better
Betcha love can make it better
(Need someone to love you right)
Betcha love can make it better
(I betcha love, betcha love)
Betcha love can make it better
Betcha love can make it better
Betcha love can make it better
Betcha love can make it better
(I betcha love, betcha love)
Betcha love can make it better
(I betcha love, I betcha love, oh)
Betcha love can make it better
Betcha love can make it better
(Oh...)
Betcha love can make it better...

Bag lady, hmm
Let it go, let it go, let it go, let it go
Girl you don't need that, hmm