

Community Building Circle Ideas

<p>Opening/Closing</p> <ul style="list-style-type: none"> • Breathing Exercise • A poem • Quote • Story • Unity clap • Pass a clap • Pass the face • Song • Chant • Mantra • Time in (yoga cards)/Meditation • Picture (for younger grades) 	<p>Check-in/ Check-out</p> <ul style="list-style-type: none"> • One word describing how you are feeling • Weather pattern • Color • Animal • Non-verbals • Hand signal • Faces • Movement
<p>Guidelines/Values</p> <p>Discussion of Best Self & Making value reminders (plates) before circle (K-2) should perhaps prep plates during house before HOUSE</p> <p>Body Silhouette Templates Heart Index Cards</p>	<p>Discussion Rounds (Purpose)</p> <ul style="list-style-type: none"> • Sharing a meaningful object • Student feeling/thoughts about a specific event • Game • Yoga • Response to poem, song, quote or story or picture from the opening • Academic Topic • Holidays/Time of the Year • Current Event • Classroom Issue/Concern/Problem • Sharing a book/literature/quote/Poem/Picture Story/Writing Pieces/Heros/Jokes/ • Discussions about: Love, race, class, family, cultural practices, bullying, friendship, communication styles, health, family traditions, and appreciation circle.