

Community Building Circle (K-2 Span)

Theme/Why: Friendship

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

Breathing in and out. In and hold it and then breath out. Closing our eyes and focusing ourselves.

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

We use the stuffed animal of the day. Remember that whoever is holding the stuffed animal is the person who is talking

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

Show me a face of how you are feeling right now—no words just a face of how you are feeling.

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

Respect the talking piece
Speak from your heart
Listen with your heart
Speak with respect
Listen with respect
Remain in the circle
Honor privacy

Remember that we are respectful of our friends and making sure that we are truly listening

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

We need to discuss what it means to have a friend/be a friend

2 rounds—To have a friend means _____ (or I like having a friend because _____)

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

Say one word describing how you feel. I feel _____.

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

Unity clap

Community Building Circle

Lesson Plan

Theme/Why: We have come together today to learn more about each other and build a stronger classroom community.

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

Mantra:

"I am **SOMEBODY**. I was somebody when I came. I'll be a better somebody when I leave. I am powerful, and I am strong. I **DESERVE** the education that I get here. I have things to do, people to impress, and places to go."

— Rita F. Pierson

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

Microphone – because it magnifies our voice and helps us to be heard, just like Circle does.

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

What is one word that describes how you are feeling?

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

1. Respect the talking piece
2. Speak from your heart
3. Listen with your heart
4. Speak with respect
5. Listen with respect
6. Remain in the circle
7. Honor privacy (What's said in Circle, stays in circle.)

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

Bring a meaningful object from home to share.

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

What animal do you feel like?

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

Breathing exercise

(First time model, then let them have a breath to inhale all at once and release slowly.)

Community Building Circle (3-5 Span)

Theme: Bullying

15. 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. In order to open our circle today we are going to watch a video about bullying. Pay close attention to the video. When it's over we are going to be discussing our thoughts and feelings about the video.

<http://www.youtube.com/watch?v=Fg8wxcepAxM>

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

Describe my objects and their importance.

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

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

How did the video make you feel? Why?

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

Review the posted guidelines and remind students of the values we said were important to us.

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

Have you ever felt like the girl in the video before? What happened to you that made you feel this way?

(2 rounds)

If the bullying has stopped please share what happened to make the bully leave you alone. If you are still being bullied what can you do or who could you talk to about it to make it stop?

(2 rounds)

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

How do you feel after hearing your classmates' stories?

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

Thank the students for sharing their personal stories. Remind them that they are not alone because most of us have gone through similar experiences. If they need more support or help in dealing with the bully they can fill out a superstar say something form or talk to an adult on campus and ask them for help.

Have everyone take in a few deep breaths together and exhale. Remind them that with every exhale they are letting

go of the negative energy/feelings that might have come up.

Community Building Circle (3-5 Span)

Theme: Our Families Health

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. Today we are talking about our family and community's health. We've been learning that what we eat affects how we feel and how our bodies work. We are going to look at the following health statistics that happen with communities of color.

(find stats and write on a poster)

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

Describe my objects and their importance.

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

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

How did these statistics make you feel? Why?

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

Review the posted guidelines and remind students of the values we said were important to us.

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

Looking at the health of our community it's pretty alarming. Why do you think that we have such high rates of diabetes and heart disease? What contributes to this?

(1 round)

What steps can we take to prevent these kinds of things from happening? What can you do to help your family stop this cycle?

(1 round)

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

How are you feeling right now?

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

Meditation

Community Building Circle

Lesson Plan

Grade Span: 6th – 8th Grade

Theme/Why: New Year

22. 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 classroom community.

Mantra: “Because I am worthy of respect, because I value my education, because I am an important member of a team of , because my ancestors toiled to bring me to this moment, because I can make a difference and help build a happier world for the children of today and the children of tomorrow, and because now is the only moment I have to follow my dreams, today I commit to: Do my best work, Respect my teachers, peers and school with my actions and words, see all mistakes as part of the path to success, And always love myself. POSITIVITY. HARD WORK. PEACE.”

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

Lily the crocodile!

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

If you came to school and there was a sign saying “School starts tomorrow/next week,” what would you do?

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

Respect the talking piece
Speak from your heart
Listen with your heart
Speak with respect
Listen with respect
Remain in the circle
Honor privacy
Say must enough

Everyone take a look at our circle values on the wall. Let’s all try to be our best selves and embody the value that we identified.

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

What can you do in 2014 that you couldn’t do in 2013?

What did you miss about school and did that surprise you?

Try to think of a moment over break where you felt joy. Please be specific and share that moment with us.

Think of a few things that have happened this week that you're grateful for.

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

Are you more like...

- Sunlight or moonlight
- Flats or high heels
- Story or song

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

All clap together

Community Building Circle

Lesson Plan

Grade Span: 6th – 8th Grade

Theme/Why: Life and Death

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

Open with this activity:

"The Big Wind Blows"

In this activity, one chair is removed from the circle and one person stands in the center of the circle. The activity begins when they make a statement to the group that starts like this: "The big wind blows on anyone who..." (...Anyone who is wearing a blue shirt, anyone who has a younger sibling, etc) Then, anyone to whom the statement applies has to get up, high five the person in the center, and find another seat, in a manner similar to musical chairs. When everyone is seated except the one person who couldn't get to a seat in time, that person now makes the new "Big Wind" statement.

Tip: After a few rounds, you can theme each set of questions to give students an opportunity to share something about themselves without having to speak very much yet. (Prompt: "The next 5 big wind sentences should be about food!" Example Questions: "The big wind blows on anyone who is a good cook!" "The big wind blows on anyone who has ever chased an ice cream truck!") This activity is also a great way to shuffle seating arrangements/change up cliques so students can have a chance to sit next to new folks.

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?)

Check-in: Are you more like...a moon or a star?...fire or ice?

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

Review the guidelines & values

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

"If you could have dinner with one person living or dead, who would it be and why?"

"What would you ask them during dinner?"

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

Check-out: Are you more like...jelly or peanut butter?...letters or numbers?

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

Close the circle with a Clap Chain.

The circle keeper explains that this activity is about paying attention to try and understand non-verbal cues from classmates. The chain begins when one person starts by turning to face the person to their left and the pair attempt to synchronize and clap at exactly the same. Then, the second person turns to their left and does the same thing with a new partner. This clap continues through the whole circle, and the group attempts to speed the chain up through each of three rounds. At the end, the whole circle attempts to synchronize one big clap together.