**Sample Lesson Plan Template for Circles**

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| **PURPOSE*** Create a direct experience of being in a circle
* Introduce the basic elements of a circle
 | **MATERIALS*** Talking piece (find one that is meaningful)
* Paper plates or index cards
* Agenda
 | **ROOM SET-UP**Prior to the circle, set up the room in following manner:* Chairs in a large circle to accommodate all participants
* Agenda, purpose, and circle guidelines posted on the wall
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| 1. **Introduction and Welcome**
2. **Experiencing the Circle:**
* **Purpose of the circle**: *Community building circles strengthen relationships by sharing mutual values with one another*
* **Role of the circle keeper:** *You are the guide who introduces the prompt and keeps the circle a safe place*
* **Share the Circle Guidelines:** *The guidelines will help ensure a safe space for connection and learning:*
	+ **Respect the talking piece**
	+ **Speak from the heart:** share your experiences, perspectives, and feelings

**Listen from the heart:** let go of stories that make it hard to hear one another, be open and non-judgmental* + **What happens in the circle stays (should stay) in the circle**
	+ **Trust you will know what to say:** there is no need to rehearse
	+ **Say just enough:** be considerate of the time when sharing
* **Ask**: *Are these guidelines something to which we can all agree?*

 *Is there anything missing from this list that we need to add? Can I get thumbs up?* |
| **AGENDA****Opening:**  *Have an icebreaker activity to introduce everyone* **Circle Round 1:****Introduce the talking piece***. (Share why you chose it)* * **First circle prompt:**
* Ask a volunteer to start and prior to answering, and have him/her state in which direction the talking piece will be passed
* *Do you think these are some values we can use today as we work together?* Thumbs up or down

 **Circle Round 2:** * **Second circle prompt:**
1. **Circle reflection:** Ask reflection questions (it is not necessary to pass around the talking piece):
2. **Closing:** *Can be quotes, song, poem*
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