**Sample Lesson Plan 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 |
| 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 that 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 a 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:**  *What are some values you have as a teacher?* * Ask a volunteer and prior to answering, 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:** *What makes you feel proud?*  1. **Circle reflection:** Ask the following reflection questions (it is not necessary to pass around the talking piece): *How can you use this circle process in your work as an educator? What did you get out of this circle experience?* 2. **Closing:** *Can be quotes, song, poem* | | |

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