

Circle Process

In circle, participants create a safe space for community discussion.

1

OPENING

A circle opens with an activity that marks the circle as a special space for community discussion and allows participants to check-in. Activities may include a quote, controlled breathing, music, chime, personal reading, or other activity.

2

COMMUNITY ACTIVITY

Help participants feel comfortable with each other. Activities may include exploring values, short interactive games, ice breakers, or a mixture of these ideas.

3

GUIDELINES

Guidelines are reminders that define expectations for behavior while in circle in order to create a space safe and encourage openness.

Common Guidelines: Respect the Talking Piece, Be Present, Speak & Listen from the Heart, Speak & Listen with Respect, Honor Privacy

4

GUIDING QUESTIONS

The circle keeper creates guiding questions related to the theme of the circle. The questions are open-ended and structured so that everyone in the circle may respond. The art of asking powerful and eloquent questions is at the heart of circle keeping.

5

REFLECTION

Towards the end of the circle, participants have an opportunity to reflect upon their experience and to offer appreciations to other participants.

6

CLOSING

A circle closes with an activity that helps participants to transition from circle space to outside life. Activities may include a quote, controlled breathing, music, chime, personal reading, or other activity.

CIRCLE**Keepers****Purpose****Opening****Community Activity****Guidelines****Guiding Questions****Reflection****Closing**