

## Circle Process

Welcome/ Mindful Moment  
Review the Agreements  
Introduce the Talking Piece  
Opening Round(s)  
Content/Focus Round (s)  
Closing Round

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## Circle Guidelines

1. Respect the talking piece: everyone listens, everyone has a turn.
2. Speak from the heart: your truth, your perspectives, your experiences.
3. Listen from the heart: let go of stories that make it hard to hear each other.
4. Trust that you will know what to say: no need to rehearse.
5. Say just enough: without feeling rushed, be concise and considerate of the time of others.

Paradigm: Creating Effective Schools by Design [www.cnfrodge.com](http://www.cnfrodge.com)

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### Getting Acquainted Circle

Share a happy childhood memory.  
If you could be a superhero, what super powers would you choose and why?  
How would your best friend describe you?  
What would you not want to change about your life?  
If you had an unexpected free day, what would you like to do?  
If you were an animal, what animal would you be and why?  
Name one thing or person who always makes you laugh.  
If you could have a face to face conversation with anyone, who would it be?  
Describe your favorite weekend activity.  
If you could change anything about yourself what would it be?  
What is your favorite color?                      What do you like to collect?  
What is your favorite food to eat?                      What is your favorite movie?

### Check - In Circle

How are your feeling today?  
What was a highlight or a low point of your evening/weekend?  
What is something you are looking forward to today or this week?  
What is one thing you would like to accomplish today?  
What is the biggest challenge you have in completing your school work?

### Check - Out Circle

What was your favorite thing about today?  
What are you looking forward to the rest of the day, this evening, or this weekend?  
Give a compliment to someone for something they did well this week.  
Talk about one of your academic goals, what you have done to accomplish it.  
Tell something fun or funny that happened to you today?

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