

Circle

Introduction: The Circle activity is taken from the American Indian tradition. The purpose of Circle is to provide a safe environment for students to discuss thoughts, ideas and feelings. This can be used with non-threatening information in the beginning until the students have begun to trust each other and the process itself.

Materials: An object of your choice, possibly one agreed upon by the class as the “Circle” object.



Directions:

1. A topic for the circle will be chosen, i.e. “What animal best represents who you are?”
2. The object is passed to indicate who has the floor. Only the person with the object can speak. Everyone will get a turn. It is also fine to “pass” your turn.
3. Determine the time limit so that students have parameters before they speak (i.e., 3 minutes)
4. Anything discussed in the circle, stays in the circle!

Once the students are familiar with this technique for sharing, you may allow them to call for “Circle” especially if an incident has occurred at school or in the community to provide a secure place for students to share their feelings.