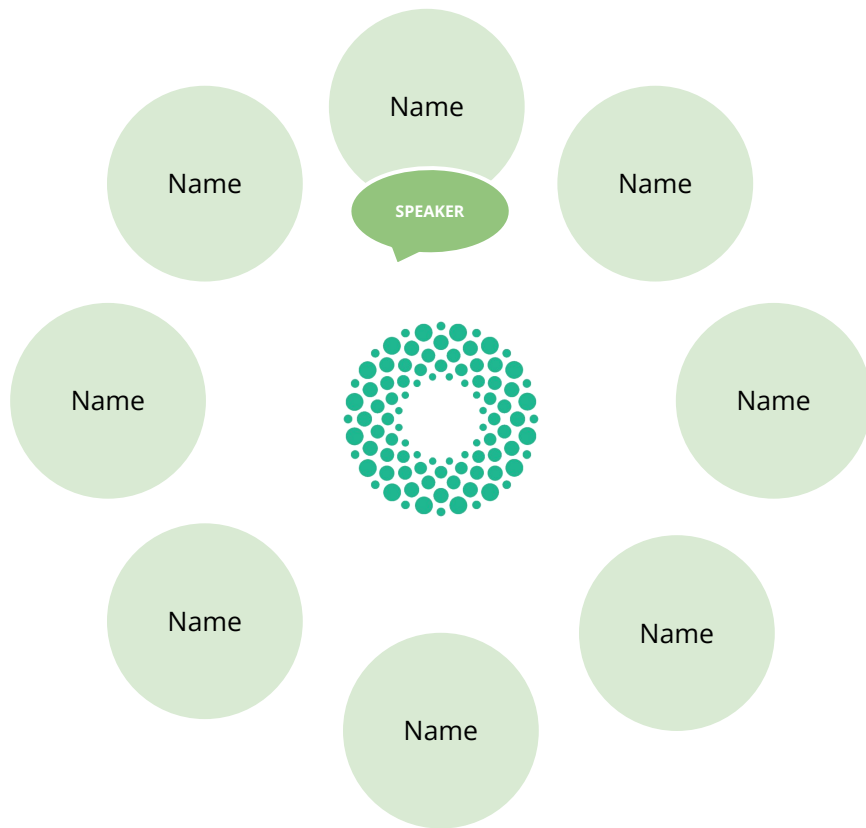


Circle Practice

Copy this deck for your circle.

Co-facilitation instructions:

1. Add each participant name to a circle (any circle) and choose a Guide.
2. Review the Community Commitments together.
3. The Guide shares a prompt, which depends on the purpose of the circle and asks for a first speaker.
4. The first speaker moves the speaker bubble to their circle and shares.
5. When done, the speaker passes the speaker bubble to the next person in the circle.
6. A person may choose to “pass” and move the speech bubble to the next person.
7. The Guide may close the circle by asking for reflections on what was heard, things learned, takeaways, etc.



Circle Practice

Example prompts

Lower risk

- If you were a weather pattern (to describe how you're feeling right now), what weather pattern would you be?
- If you could be a superhero, what superpower would you choose and why?
- What's a passion of yours you've yet to act on?

Higher risk

- Describe a time when you made an assumption about someone that turned out to be incorrect.
- Describe a time when someone made an assumption about you that was incorrect.
- What signals do you use to recognize when you're stressed out?