

Restorative Practices

Community Building Family Circles

FUSD

Dept. of Climate and Culture



Attached are lesson plan instructions, templates, activities and extra supports to facilitate Community Building Family Circles. The template can be used for Parents/Guardians/Caregivers to create their own Community Circles. Additional activities can be found by searching the internet for: "Community building prompts/questions", "Campfire games" or "Circle activities".

Community Building Family Circle Instructions

1. Opening/Welcoming: Circle Keeper (parent/guardian) explains the purpose of the circle

2. Introduce and Review Agreements: Circle Keeper Reads the following:

- a. Respect the Talking Piece- No throwing, damaging or mistreating the piece
- b. Speak From your heart-Be genuine and honest
- c. Listen with your heart-Show empathy as others are sharing
- d. Speak with Respect-Don't shame or put anyone down
- e. Listen with Respect-Pay attention and value what others are saying
- f. Say Just Enough-Don't share information that is not needed
- g. Honor Privacy-Anything discussed in circle stays in circle and is not shared to anyone on the outside.
- h. Bring your best self-Be excited for circle

3. Introduce Talking Piece

- a. Select any item from home that has value or let your child select one. Have the person who supplied the talking piece explain what the piece is and why they selected the piece. This talking piece will be handed from person to person when a question is asked.

4. Check in Question

- a. Select a question to get an idea on everyone's moods/feelings for the day. Pass the talking piece to the left to allow everyone to share.

5. Community Building Question/ Activity

- a. Select an activity that would be fun and safe for your family. These activities are good to get families moving and building relationships.
- b. Select Questions that will encourage conversation.
- c. Circle Keeper will ask the first question and ask for a volunteer to go first.
- d. Circle Keeper hands the talking piece to that person and lets the respond to the question.
- e. That person passes the talking piece to the left and everyone answers the question as it comes around.
- f. Once everyone answers the question, Circle Keeper gets the talking piece and asks the next question. (Repeat process c-f)

6. Check Out question/ Activity

- a. Select another activity that encourages movement and encourages fun.
- b. Select a question to get an idea on everyone's feelings now or how they feel about circle.

Community Building Family Circle Template

1. Opening/Welcoming:

2. Introduce and Review Agreements: Circle Keeper Reads the following:

- a. Respect the Talking Piece- No throwing, damaging or mistreating the piece
- b. Speak From your heart-Be genuine and honest
- c. Listen with your heart-Show empathy as others are sharing
- d. Speak with Respect-Don't shame or put anyone down
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- f. Say Just Enough-Don't share information that is not needed
- g. Honor Privacy-Anything discussed in circle stays in circle and is not shared to anyone on the outside.
- h. Bring your best self-Be excited for circle

3. Introduce Talking Piece

4. Check in Question

5. Community Building Question/ Activity

6. Check Out question/ Activity

Community Building Family Circle
Topic: COVID-19

1. Opening/Welcoming: Circle Keeper says:

- a. We are meeting today to discuss this unexpected virus and how we are feeling. It's okay to have mixed feelings and even be confused with everything that is happening but being in circle today will give you an opportunity to talk about it.

2. Introduce and Review Agreements: Circle Keeper Reads the following:

- a. Respect the Talking Piece- No throwing, damaging or mistreating the piece
- b. Speak From your heart-Be genuine and honest
- c. Listen with your heart-Show empathy as others are sharing
- d. Speak with Respect-Don't shame or put anyone down
- e. Listen with Respect-Pay attention and value what others are saying
- f. Say Just Enough-Don't share information that is not needed
- g. Honor Privacy-Anything discussed in circle stays in circle and is not shared to anyone on the outside.
- h. Bring your best self-Be excited for circle

3. Introduce Talking Piece

- a. Watch-Say:
 - i. A watch was selected as today's talking piece because it tells the time. We have had a lot of time together lately because of COVID-19. Now more than ever we realize that time together is valuable.

4. Check in Question

- a. If your mood today had been represented by weather, what type of weather would you be and why? (Ex. I would be sunny because I am full of energy)

5. Community Building Question/ Activity (Select questions that fit your family's needs)

Circle keeper can clarify, comment and/or add support after each question.

- a. Clap Chain-Instructions attached.
- b. Question 1-What do you know about COVID-19?
- c. Question 2- What are you most surprised about with this virus?
- d. Question 3- What are you most worried about during this time?
- e. Question 4- What do you need to make this time easier on you?
- f. Question 5- What do you find most interesting about this time off of school?

6. Check Out question/ Activity

- a. Ball Toss-Instructions attached
- b. On a scale of 1-5 how much did you like today's circle?

Community Building Family Circle
Topic: Anxiety/Stress

1. Opening/Welcoming: Circle Keeper says:

- a. We are meeting today to discuss our feelings since the virus has been introduced to our nation. We know that this may not be an easy time for you but talking about it will make it easier to cope with the anxiety.

2. Introduce and Review Agreements: Circle Keeper Reads the following:

- a. Respect the Talking Piece- No throwing, damaging or mistreating the piece
- b. Speak From your heart-Be genuine and honest
- c. Listen with your heart-Show empathy as others are sharing
- d. Speak with Respect-Don't shame or put anyone down
- e. Listen with Respect-Pay attention and value what others are saying
- f. Say Just Enough-Don't share information that is not needed
- g. Honor Privacy-Anything discussed in circle stays in circle and is not shared to anyone on the outside.
- h. Bring your best self-Be excited for circle

3. Introduce Talking Piece

- a. Family Picture-Say:
 - i. A picture of our family was selected for today's talking piece. Our family bond means so much to me and I am sure to you. This picture was taken when we were having such a great time together.

4. Check in Question

- a. In one word, describe the mood you are in and why. (Ex. Scared-because I do not know what's happening)

5. Community Building Question/ Activity (Select questions that fit your family's needs)

Circle keeper can clarify,

- a. Ball Juggle-Instructions Attached.
- b. Question 1-How have you been feeling since news of the virus came out?
- c. Question 2- What makes you most worried during this time?
- d. Question 3- What are some things that you do to relieve stress?
- e. Question 4- What do you need from me to make this time easier on you?
- f. Question 5- Explain a time in your life where you have been most stressed, how did you deal with it and what the outcome of it?

6. Check Out question/ Activity

- a. Zip-Zap-Zop-Instructions attached
- b. What is one thing that you will be willing to do to be less anxious?

Sample Prompting Questions/Topics for Circles

Please note: It is always important to carefully select which questions or topics to pose to the group depending on the needs of the group. The health of each member of the circle is always to be strongly considered.

*Be prepared and know that some of the circle prompts may bring up a lot of emotions for the circle members.

Getting Acquainted

- 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 could talk to someone from your family who is no longer alive, who would it be and why?
- 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 two things or people who always make you laugh.
- I like to collect...
- If you could have a face to face conversation with anyone, who would it be and why?
- Describe your ideal job.
- Describe your favorite vacation.
- If you could change anything about yourself what would it be?

Exploring Values

- Imagine you are in conflict with a person who is important in your life. What values do you want to guide your conduct as you try to work out that conflict?
- What is your passion?
- What do you keep returning to in your life?
- What touches your heart?
- What gives you hope?
- What demonstrates respect?
- What change would you like to see in your community? What can you do to promote that change?
- A time when you acted on your core values even though others were not.

Storytelling from our lives to share who we are and what has shaped us (to build community)

Invite participants to share:

- A time when you had to let go of control
- A time when you were outside of your comfort zone
- An experience in your life when you "made lemonade out of lemons".
- An experience of transformation when, out of a crisis or difficulty, you discovered a gift in your life.
- An experience of causing harm to someone and then dealing with it in a way you felt good about.
- An experience of letting go of anger or resentment.
- A time when you were in conflict with your parents or caregiver.

- An experience where you discovered that someone was very different from the negative assumptions you first made about that person.
- An experience of feeling that you did not fit in.

Relating to Curriculum:

- The best/worst thing about this science project is...
- The main character in the book we are reading is like/not like me when...
- These math problems make me feel...

Additional Potential Circle Starters:

1. I feel happy when...	33. My favorite weekend activity is...
2. I feel sad when...	34. My favorite song is...
3. I feel angry when...	35. My favorite sport is...
4. I feel scared when...	36. My favorite color is...
5. I feel excited when...	37. My favorite weather is...
6. I feel stressed when...	38. Rain makes me feel...
7. I feel alone when...	39. Wind makes me feel...
8. The scariest thing...	40. Sunshine makes me feel...
9. My favorite hobby...	41. Snow makes me feel...
10. My favorite pet...	42. Fog makes me feel...
11. My favorite food is...	43. Today I feel...
12. My favorite T.V. show is...	44. When I think of blue, I think of...
13. My favorite weekend activity is...	45. When I think of red, I think of...
14. My favorite song is...	46. When I think of green, I think of...
15. My favorite sport is...	47. When I think of yellow, I think of...
16. My favorite color is...	48. When I think of black, I think of...
17. My favorite weather is...	49. When I think of brown, I think of...
18. Rain makes me feel...	50. When I think of white, I think of...
19. Wind makes me feel...	51. If I were an animal, I would be...
20. Sunshine makes me feel...	52. If I were a famous actor/actress, I would be ...
21. I feel happy when...	53. If I were a famous athlete, I would be...
22. I feel sad when...	54. When I graduate from high school, I want to ...
23. I feel angry when...	55. When I become an adult, I want to...
24. I feel scared when...	56. When I start my career, I want to ...
25. I feel excited when...	57. I can't wait until...
26. I feel stressed when...	58. Friends are ...
27. I feel alone when...	59. Families are...
28. The scariest thing...	60. Putdowns make me feel...
29. My favorite hobby...	61. Appreciations make me feel...
30. My favorite pet...	
31. My favorite food is...	
32. My favorite T.V. show is...	

**This material is adopted from Kristi Cole and Paul Dedinsky's packet of Restorative Justice Practices, Milwaukee Public Schools. Safe Schools/Healthy Students.

Activities

Clap Chain:

Description and Instructions:

Hand claps are passed around the circle. Begin by having a leader face the person next to them and clap at the same time. The person who clapped with the leader will turn to their neighbor and clap at the same time. One pair at a time will clap until the clap has completed around the entire circle.

Leader can say when beginning:

We're are going to create a chain around the circle with clapping. I will begin with my partner and will clap at the same time as them and my partner will turn next to their neighbor and attempt to clap at the same time. Our goal is to make it completely around the circle without messing up (hand clap not at the same time)

Variations

- If clap is not at the same time, restart from the beginning.
- One leader faces the circle and the entire circle tries to clap at the same time.

After the activity as some debriefing questions like: what worked well for us? what did not work well? How did you and your partner figure out how to clap at the same time?

Ball Toss:

Description and Instructions:

A ball will be tossed around the circle in a repeating pattern without anyone speaking. The goal is to be able to add multiple balls at the same time. Once you go through a couple practice rounds, add additional balls.

Leader can say when beginning:

Everyone starts by placing your hands up together in a "V". I am beginning by tossing this ball to someone who has their hands in a "V". Once that person receives it, they will place toss it to someone who still has their hands in a "V". Once you receive the ball, keep your hand up until someone has received the ball. Once everyone has gone and it is sent back to me, we will try it again one time through without talking. The key is to pay attention to who you are receiving it from and who you are sending it to.

Variations:

- Set goals like can we do it this time with 3 balls or how many balls can we add this time?

After the activity as some debriefing questions like: What worked well for us? What did we notice from this activity? What was challenging from this activity?

Activities

Ball Juggle

Description and Instructions:

Everyone will join hands and will work on keeping a beach ball in the air without allowing it to touch the ground. Everyone will use only their hands to keep the ball in the air.

Leader can say:

We are all going to join hands. Once we have joined hands, I am going to toss this ball in the air and we are going to juggle it to keep it from not touching the ground. The only part of your body you can use is your hands.

Variations:

- You can do a round using only feet.
- You can do a round using only your head.
- Goal set, how many hits can we get before it hits the ground?

After the activity ask some debriefing questions like: What worked well for us? What did we notice from this activity? What was challenging from this activity?

Zip-Zap-Zop

Description and Instructions:

One person sends out a signal to any person they select in the group. The pattern of the game is by saying "Zip, Zap, Zop". Someone will start by saying zip and send it to someone else. The person who is sent to will send a zap to someone else and that receiver will send a zop to someone else. Pace will increase as activity progresses.

Leader can say when beginning:

We're going to be passing energy from one person to the next. A person will send out energy with a hand clap to any person in the group by saying Zip. The person they pointed to with their hand clap will receive their energy and pass it to someone else by saying Zap. That person will receive it and send it to another person by saying Zop. This pattern will repeat until the leader feels the activity has come to an end.

Variations:

- Elimination rounds can occur, if someone wasn't paying attention or said the wrong thing they become eliminated.

After the activity ask some debriefing questions like: What worked well for us? What did we notice from this activity? What was challenging from this activity?