

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”.

: 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

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.

: 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.

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.

: Circle Keeper Reads the following:

- a. Respect the Talking Piece-

- 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.
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- 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...

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

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.

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 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?

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: W