

Teacher Name:

Class:



Values Circle Lesson Plan

Name of Circle: Values Circle

Purpose of Circle: Developing core Values and Community Guidelines/Agreements

Materials:

- Talking piece(s)
- Chime
- Centerpiece Items
- Chart paper to record circle guidelines
- Index Cards
- A marker for each person

Preparation: -Arrange chairs in a circle with no other furniture blocking the way.
-Choose a talking piece for the circle
-Arrange a centerpiece in the middle of the circle

Welcome to Our Advisory Circle

Opening:

Slow Me Down Lord

By Wilferd Arlan Peterson

Slow me down, Lord.

Ease the pounding of my heart by the quieting of my mind.

Steady my hurried pace with a vision of the eternal reach of time.

Give me, amid the confusion of the day, the calmness of the everlasting hills.

Break the tensions of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical, restoring power of sleep.

Teach me the art of taking minute vacations—of slowing down to look at a flower, to chat with a friend,

to pat a dog,
to read a few lines from a good book.

Remind me each day of the fable of the hare and the tortoise,
that I may know that the race is not always to the swift—
that there is more to life than increasing its speed.

Let me look upward into the branches of the towering oak
and know that it grew great and strong because it grew slowly and well.
Slow me down, Lord, and inspire me to send my roots deep into the soil of life's enduring
values that I may grow toward the stars of my greater destiny.
Amen.

Check-In Round:

What slows you down? What do you do to slow down?

Context: All circles begin with an opening ceremony. We will be using a talking piece that will go around and allow everyone's voice to be heard--- acknowledging various voices in the room. You can always pass. This is rooted in that Native American tradition to build community, share our lives and ideas. It can also be used for problem-solving when harm is done. The circle, the structures and format are so that we see this particular moment separate from the outside world. We take time to be present at this moment.

The restorative component of circles can't be done unless you build community first. Building community is about learning from one another. Circles are about connections. The Keeper of the circle (advisor) will slowly give over the running of the circle to you as we all take responsibility for our own learning. Notice also, the centerpiece. Talk about what it is and why you chose it—what significance it has for you.

Activity:

We are now going to ask you to identify a value that's important to you. We would like you to take a moment to write down on the index card a value you feel is important for a healthy process and good outcomes, a value that describes who we want to be in our "best self." Then think of a time in your life when this value was important or absent.

Round Questions

1. So talk about your value and a time in your life when it was important or absent. Once you finish talking, please place the value on the edge of the centerpiece going around so that we can all see the value and remember it.

Developing Agreements/Guidelines

2. What kind of practices/guidelines would have to be in place for everyone in this community to be completely themselves, to be able to speak from the heart and listen from the heart? What would it take for people to share?
 - a. Chart the community guidelines. Ask for specifics. For example, if someone says respect, ask what does it look like?, what does respect mean to you? If someone doesn't bring it up you should include **confidentiality**, what it means to you, and why it's important.

Go Around (pass the talking piece) : Are there any of these guidelines that you cannot live with or that you have a question or need clarification? Do you think something is missing that you want to include?

Once the agreements are finalized,

Go Around (pass the talking piece) Ask: Are you willing to abide by these agreements?

Say: these agreements are guidelines for the group anytime we come together. These are practices that we strive to live up to, understanding that we will not be able to do this perfectly every time.

Go around (pass the talking piece): Why do you think it is important to develop agreements for this space?

Check-Out Round:

How are you feeling right now?

Closing:

"Circles, like the soul, are neverending and turn round and round without a stop."
-Ralph Waldo Emerson

Thank you all for participating in our circle today!!