

## CIRCLE TECHNIQUES AND ACTIVITIES

### Silent Greetings

- pass the smile,
- pass the high five,
- do the “wave” with names

### Spoken Greetings

- First person says their own name, “I am Joe”. Second person says “This is Joe and I am Debbie” third person says “This is Debbie and I am Bob” etc. until you go around the whole circle.
- Try as many different greetings as you can “hi” “Hello”

### Silent Statements

- Change places if....for example:
  - you know something you are good at,
  - you are taller/stronger than last year,
  - you know someone you look up to or admire

### Sentence completion.

- Since the last circle I...
- Today I am feeling...

### Transitions

- Clapping rhythm and have students repeat it, keep going until you have everyone’s attention
- Simon Says...
- Coyote Ears-If you know NVC
- Pass the message quietly around – please tell your neighbor it’s time to be quiet...
- Counting down - 5,4,3,2,1
- Doing math – show on your fingers 5x5, 8x3, etc.

### Pair Shares

- Any paired activities
  - Turn to your partner and each share
    - one thing you enjoy doing.
    - Being reliable means...
    - Being considerate means...

### Mixing Up

- The warm wind blows if...you have a dog, climb a tree, swim, broken their arm, lost a tooth, chicken pox, name begins with...(students get up and change places if the statement is true for them)
- I love my neighbor who...Have one less chair than there are people in the group. Someone starts in the middle, they say “I love my neighbor who (and fills it in with something they love to do.” Students get up and change places if the statement is true for them. One will remain standing, they get to say the next “I love my neighbor who...”

### Given Categories

Give a set category to help students break into smaller groups or to mix up groups (move if...)

- Count off numbers for whole group then split by odd/even, in fives times table, etc.

- Seasons-go around calling off summer, fall, winter, spring. All who are spring change places.

### **Energizers**

- Stand up and shake like a dog. Benefits: resets nervous system, releases held emotions, increases breathing capacity,
- Do the hokey pokey, simon says,
- Clap circle: first person turns to friend on the right, they clap together, second person turns to person on their right, clap together, it goes around.
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### **Whole group games**

- Everyone lines up according to their birthday month and date, with or without talking.
- Any activity that involves the whole group in a game.
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### **Combined Word and Actions**

- ball toss with names

### **Stories**

- A short story
- A poem
- Can be especially grounding at the start of a circle or soothing at the end of a circle

### **Music**

- Soothing music at the close of a circle
- Music to listen to and then discuss in circle

### **Visualizations/Imaginations**

- A friendly place-who is there, what sounds do you hear, what do you notice?
- A safe place-what is in your safe place, how comfortable does it feel, who helps make this safe?
- A magic place –what can you see, what happens there?

### **Drawing, images for discussion**

- Drawing a response to a question. Give students to share out with or without showing their drawing.
- Images: postcards, pieces of art etc. for discussion

### **Closing the circle**

- tracing letters on each other's backs
- mindful breathing,
- tense and release muscles
- listening to sounds
- clap out or other "cheer"

Excerpted from "Circle Solutions for Student Wellbeing," Sue Roffey