



# Youth Restoration Project

Cultivating Relationships; Restoring Community

## Cheat Sheet for Teaching Basic Circle Practice

### Further circle protocols (not on poster)

- The volunteer who goes first chooses the next speaker by passing the talking piece to their left or right.
- Repeats are disallowed (or you'll get an epidemic). Good cheating is to build on what someone has said. Permissible cheating is fun.
- Passing is often contagious, so say:
  - "In order to be a community, all voices need to be heard."
  - Use a little silence to prompt.
  - If that doesn't work, tell them you'll come back at the end.
  - Use a way of remembering to go back.
  - If they still balk, don't insist.
- In a high/low or working/not working, people often balk at the negative, so prompt:
  - "It doesn't need to be very negative, just something small that happened to you -- a stale bagel, boring TV show, an argument with a sibling. Just off the top of your head."
- When the circle is done explain and allow CROSS TALK. Taking turns and the talking piece are up to you. Questions or comments to one another about what came up in circle.
- After learning the basic process, the circle question(s) can be all sorts of things (What's your goal for the week? Month? What might be the solution to a certain problem? What was your biggest take-away from such and such? What's working/not working about your job?)