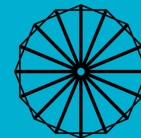


A Circle Sequence for Beginners

By Lyndsey Rose Burcina



METTA CENTER
for **NONVIOLENCE**

Steps:

1. Introduce the facilitator
2. Start a mindful moment (see next slide for suggestions)
3. Introduce circle guidelines: Speak from the heart, listen from the heart, trust you know what to say, and say just enough
4. As a group, establish agreements that everyone feels comfortable with holding themselves accountable to
5. Introduce your talking piece: what it is, why it's important to you, what is the purpose of the talking piece (see last page for tips)
6. Opening question - Icebreaker and first name introductions
7. Content question - a question with deeper meaning and purpose
8. Closing question - How was circle for you today?

Mindfulness in Circle

The purpose of the mindful moment is to transition from outside time to circle time. These examples help ground circle participants.

1 | Glitter Bottle

Asking everyone to sit comfortably in their chairs and stay silent while you shake the glitter bottle; participants can watch the glitter fall to the bottom of the bottle or close their eyes until it settles.

2 | Music

Play some soft and gentle music, then direct circle participants to sit with their feet firmly planted on the floor. Ask them to breathe in through their noses and out through their mouths as they clear their minds of everything but the music.

3 | Visualization

Ask circle participants to close their eyes and imagine each detail that is given to them about a sunny day in a green field. Or, you may encourage them to imagine their “happy place.” You could use videos or podcasts to aid your guided visualizations.

Making and Using a Glitter Bottle

- Fill a clear and preferably glass water bottle an inch or two from the top with water (the Voss water bottles work great for this)
- Add 2 tablespoons of glitter (using different sizes works best) as well as 3-4 glass beads to help shake it up.
- After adding your glitter, add clear liquid glue to the bottle. This is how you adjust the speed of the falling glitter. The more glue, the slower the glitter will fall.
- Shake until glue is completely mixed into the water and glue the cap onto the

During a mindful moment, describe the flurry of glitter as your mind before entering the circle and the settled glitter as your mind after the mindful moment.

Talking Piece

The talking piece should be an object that holds meaning to the facilitator but not so much that there would be a problem with circle participants using it as an object to fidget with.

The purpose of the talking piece is that the person holding it is the only one talking while everyone else is actively listening.

