What Do Adults Need to Understand about Our Lives? Circle

PURPOSE To create space for young people to communicate with adults about important issues; to increase adult awareness of what young people experience; and to build relationships.

MATERIALS Talking piece, bell or sound maker, centerpiece items, values and guidelines from previous Circles.

PREPARATION Arrange everyone in a circle of chairs with no other furniture.

PARTICIPANTS Adults and young people; facilitated by young people.

The questions are designed for the young people in the Circle. Adults may just pass and listen, or they may reflect on what they are hearing from the young people.

Welcome to the space of the Circle.

MINDFULNESS MOMENT Pause, breathe, and listen to the sound.

OPENING See Appendix 2 or create your own.

Remind the group of the values and guidelines they have created in previous Circles.

INTRODUCE “ROUNDS” A round is a pass of the talking piece around the Circle. The keeper poses a question and, as a participant, usually answers first and then passes the talking piece to the person to their left or to their right. On the first round, participants are invited to say their name as well as respond to the question. Remember, it is always okay for a participant to pass.

ROUND Introduce yourself and tell us about something you are grateful for in your life.

MAIN ACTIVITY Youth Expressing What Adults Do and Do Not Understand about Them

ROUND What are the good things in your life that you want the adults to know about and understand?

ROUND What are the hard things in your life that you want the adults to understand?
ROUND What are the things adults need to understand about the general culture of you and your friends?

ROUND What do you find are the hardest things for adults to “get” about you?

ROUND What makes you hopeful about adults?

Use a second round on any of these questions when there is a lot of energy or it feels like there is more to be said by the participants.

CHECK-OUT ROUND What can you take from this Circle that is helpful to you?

CLOSING See Appendix 2 or create your own.

Thank everyone for participating in the Circle today!
Ear and Nose Switch

You will be trying to switch your hands from your ear to your nose.

1. Stand up.
2. Take your right hand and grab your left ear. Keep your right arm close to your body.
3. Now take your left hand and touch your nose.
4. Uncross your arms and move your left hand to your right ear and your right hand to your nose. Your left arm should now be closest to your body.
5. Switch back and forth as fast as you can.

Elbow to Knee Stretch

This is a stretching activity where you will touch your elbow to your knee.

1. Stand up.
2. Hold your ears with your hands.
3. Tap your right elbow to the top of your left knee. Now touch your left elbow to your right knee. That is one repetition. Do five repetitions.
4. Bring your left knee up and have your right elbow tap the top of your knee and then tap the side of the same knee. Now do this same thing with the other knee and elbow. Do five repetitions.

Idea from Sharon Fischer