

## Sample Prompting Questions/Topics for Circles

*Please note:* It is always important to carefully select which questions or topics to pose to the group depending on the needs of the group. The health of each member of the circle is always to be strongly considered.

\*Be prepared and know that some of the circle prompts may bring up a lot of emotions for the circle members.

### Getting Acquainted

- Share a happy childhood memory
- If you could be a superhero, what superpowers would you choose and why?
- How would your best friend describe you?
- What would you not want to change about your life?
- If you could talk to someone from your family who is no longer alive, who would it be and why?
- If you had an unexpected free day, what would you like to do?
- If you were an animal, what animal would you be and why?
- Name two things or people who always make you laugh.
- I like to collect....
- If you could have a face to face conversation with anyone, who would it be and why?
- Describe your ideal job.
- Describe your favorite vacation.
- If you could change anything about yourself what would it be?

### Exploring Values

- Imagine you are in conflict with a person who is important in your life. What values do you want to guide your conduct as you try to work out that conflict?
- What is your passion?
- What do you keep returning to in life?
- What touches your heart?
- What gives you hope?
- What demonstrates respect?
- What change would you like to see in your community? What can you do to promote that change?
- Describe a time when you acted on your core values even though others did not.

\*\*This material is adopted from Kristi Cole and Paul Dedinsky's packet of Restorative Justice Practices, Milwaukee Public School. Safe Schools/Healthy Students.

## Storytelling from our lives to share who we are and what has shaped us (to build community)

Invite participants to share:

- A time when you had to let go of control.
- A time when you were outside of your comfort zone.
- An experience in your life when you “made lemons out of lemonade.”
- An experience of transformation when, out of a crisis or difficulty, you discovered a gift in your life.
- An experience of causing harm to someone and then dealing with it in way you felt good about.
- An experience of letting go of anger or resentment.
- A time when you were in conflict with you parents or caregiver.
- An experience where you discovered that someone was very difficult from the negative assumptions you first made about that person.
- An experience of feeling that you did not fit in.

### Relating to Curriculum:

- The best/worst thing about this science project is...
- The main character in the book we are reading is like/not like me when...
- These math problems make me feel...

### Additional Potential Circle Starters:

- |  |   |
|--|---|
| 1. I feel happy when...                | 21. Snow makes me feel...                           |
| 2. I feel sad when...                  | 22. Fog makes me feel...                            |
| 3. I feel angry when...                | 23. Today I feel...                                 |
| 4. I feel scared when...               | 24. When I think of blue, I think of...             |
| 5. I feel excited when...              | 25. When I think of red, I think of...              |
| 6. I feel stressed when...             | 26. When I think of green, I think of...            |
| 7. I feel alone when...                | 27. When I think of yellow, I think of...           |
| 8. The scariest thing...               | 28. When I think of black, I think of...            |
| 9. My favorite hobby...                | 29. When I think of brown, I think of...            |
| 10. My favorite pet...                 | 30. When I think of white, I think of...            |
| 11. My favorite food is...             | 31. If I were an animal, I would be...              |
| 12. My favorite T.V. show is...        | 32. If I were a famous actor/actress, I would be... |
| 13. My favorite weekend activity is... | 33. When I graduate from high school, I want to...  |
| 14. My favorite song is...             | 34. When I become an adult, I want to...            |
| 15. My favorite sport is...            | 35. When I start my career, I want to...            |
| 16. My favorite weather is...          | 36. I can't wait until...                           |
| 17. My favorite color is...            | 37. Friends/family are...                           |
| 18. Rain makes me feel...              | 38. Putdowns/appreciations feel...                  |
| 19. Wind makes me feel...              |   |
| 20. Sunshine makes me feel...          |   |

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