

Middot Circle

Start Your Morning

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SUMMARY:	The Circle is a process of communication that helps participants build a stronger, more connected community. It's a safe space where everyone has the opportunity to speak and listen from the heart. The Middot Circle will model how we can use circle process to help campers and colleagues share the values that are most important to them and build a cabin that is rooted in these values. – <i>Submitted by Brett Gurwitz</i>
TOPIC(S):	Jewish Values, Community Building
LEARNING OBJECTIVE:	Participants will experience using circle process as a way to share personal values and build a cabin in which our values are present. This is an excellent exercise to do with your cabin at the start of the summer/session.
AUDIENCE:	Fellows and Liaisons
TIMING:	60 minutes
APPENDICES:	Making Mensches: A Periodic Table
MATERIALS NEEDED:	<ul style="list-style-type: none"> • 2-3 Talking Pieces of your choice • Large index cards (1 per participant)
SET-UP DETAILS:	Participants should sit in a circle (either in chairs or on the ground) with no tables.

SESSION TIMELINE & OUTLINE:

1. Name-Mash Icebreaker – Participants practice using talking piece while learning one another's names by creating a continuous name pattern.
2. Introduce Circle Practice and Set Clear Guidelines for the circle:
 - **Honor the Talking Piece** - practice one mic. Whoever has the talking piece has the opportunity to share, everyone else has the opportunity to listen.
 - **Speak from the Heart** - Keep it honest and respectful. Avoid put downs. You always have the opportunity to pass, though we would love to hear what you have to say. The talking piece will come around a second time in case you were unsure of what you wanted to share the first go around.

CORNERSTONE 2019 RESOURCE

- **Listen from the Heart** - We want the circle be a place where everyone feels comfortable sharing. Be aware of your body language when someone else is speaking. Keep it confidential (Take the knowledge you gain with you, leave the personal stories in the circle).
3. Middot Circle:
- **Opening quote:** "Da lifney mi ata omed. Know before whom you stand." This circle is an opportunity for us to know before whom we stand (or sit in the moment ☺) We will have an opportunity to share part of who we are by sharing our values and stories. Holding a deeper understanding of the values we all bring helps us build authentic connection and be more intentional when together.
 - **Getting Acquainted (Earth):** Share your name, camp and something beautiful you saw in the last day.
 - **Values (Air):** Think of a value you bring to your work at camp. (Can use the Making a Mensch: A Periodic Table to help) Once you have a value, write it down on an index card. Have each participant share their value and place it in the center of the circle.
 - **Storytelling (Water):** Share a story of a time that value was activated in you. An early memory of experiencing that value or a recent time that value shined through. There is no wrong story.
 - **Closing (Fire):** Have participants take a few deep breaths and then share: One word that describes how you are feeling right now.
4. Close the experience by thanking all for their participation and sharing a piece of them with the group.