



# CABIN CIRCLE PROMPTS

## What is circle process?

The circle process we use, which originated from Indigenous peoples, is a structure that helps participants connect and reconnect with themselves and others. It is a space in which all voices are valued and heard. Circle helps build connected communities in which members feel respected.

## Set Clear Guidelines

- **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.
- **Listen from the Heart** - We want the circle be a place where everyone feels comfortable sharing. Listen deeply. Be aware of your body language when someone else is speaking. Keep it confidential (Take the knowledge you gain with you, but leave the personal stories in the circle).

## Opening Questions:

What is something beautiful that you saw or experienced today?

Share a song\* that represents how you're feeling today

On a scale of 1-10 how are you feeling today?

What is something that brought you joy today?

*\* Substitute book, movie, TV show, play, etc.*

## Values Questions:

When you are showing up as your best self what value do you bring to this team/community?

Tell a story about a time that you saw that value in action

Tell a story about a time that you enacted that value at camp

Tell us about the person who taught you that value

Which of the camp's values have you seen in action this week?

Reflective Questions:

What is something you learned from one of your fellow campers or counselors this week?

Share a story of a time you felt proud in the last week

Tell us about a challenge you faced in the last week

Tell us about a mistake you made this week

Share a skill you've been developing

Gratitude Questions:

Tell us about a good characteristic you saw in one of your cabin mates

What is one thing you feel grateful for today?

What is something you appreciate about yourself today?

What do you appreciate about the person sitting to your left/right?

Closing Questions:

What is something you are looking forward to?

Which of the camp's values do you want to more intentionally model moving forward?

What is a goal you have for the next week?

How are you feeling now?

What support do you need from your cabin over the next week?

Additional Strategies to Refresh or Re-Energize:

Pause and take a few collective breaths

Lead a two-minute visualization (guided meditation)

Take a short stretch break

Throw a spontaneous song/dance party

Lead a short icebreaker game