

Circle Share, *Wind Down Your Day*

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SUMMARY:	In this session we will be inspired by the Restorative Justice practice of a talking circle, by spending the end of our day deeply listening and sharing our reflections to prompts designed to process our joy, learning moments, fill our cup for the day to come, and learn how to bring this holistic practice back to our bunks!
ABC GOALS:	<p>Affective: Participants will feel....</p> <ul style="list-style-type: none"> • Welcome to share their feelings about their experiences from the day • Heard in a non- judgmental setting built for the purposes of listening. • [examples] <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Listen actively to one another without engaging in cross talk • Pass or Participate at their own level of comfort. • [examples] <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • The basics of holding a talking circle • Sharing is welcome but always voluntary • This method of reflection has potential at their camps.
AUDIENCE:	An ideal group size time depending is under 20. However, the practice can be utilized with any sized group time allowing. It is appropriate for any age with modification of the prompts.
TIMING:	45 minutes
APPENDICES:	none
MATERIALS NEEDED:	Small pieces of paper, pens or markers, an object to pass around a circle.
SET-UP DETAILS:	A quiet space with chairs

SESSION TIMELINE

Example of a multi-session experience:

- 00:00-00:05 – Introduction to restorative practices
- 00:05-00:10 - Values contribution
- 00:10-00:15 - Introduction to the talking piece and guidelines
- 00:15-00:40 - Sharing
- 00:40-00:45 - Debrief

SESSION OUTLINE:

00:00-00:05 - Session leader introduces Restorative Practices and its Indigenous Lineage.

00:05-00:10- Session leader invites everyone to write a value they wish to bring to the circle and place it in the center of the circle. Prompts participants to think of the Jewish Values that they hold around being in a space together.

00:10-00:15 - Session leader Introduces the group to the talking piece and explains:

That when the piece comes to you, you may share or pass.
To avoid cross talk or commenting on other people's shares.
To only speak when you are holding the talking piece and to otherwise focus on listening.
Say just enough. Don't rush yourself and when you feel are finished pass to the next person.

00:15-00:40- Circle Practice

Time allowing we will share to 3 prompts:

- In Numbers 16:4 it is said, Va-yishma Moshe- "Moses listened". What do you get out of listening to others?
- What have you felt whispered to you that has aided in your growth today?
- Where do you still want help growing?

00:40-00:45-Debrief:

How and when might a circle practice be beneficial at camp?