

# Group Circle

## A Class Pow-Wow

Group activities always provide a great climate for empathy to develop and flourish.

In this activity, children have a chance to show kindness and enjoy its benefits, simply by listening to one another.

*Group Circle* requires no very special equipment, only a space for students to sit in a circle. Get creative with your 'Discussion Piece!'

Empathy shines through when we really listen to each other. Remove the barrier of desks or tables and sit in a circle as a whole class. Only one person may speak at a time; the rest listen. While you may find yourself facilitating to help things along, it's important that you are in the circle as a member.

## Instructions

1. **Before class, make sure you have a 'Discussion Piece' that will signify who's currently talking.** This can be any classroom item that children can pass around the Group Circle, such as a figurine, stick, feather, or hat.
2. **Remove any desks, tables, or furniture that prevents children from seeing and hearing each other** - listening is non-verbal, too! Arrange chairs into a 'Group Circle,' or simply ask pupils to sit in a circle on the carpet.
3. **Outline the *Group Circle* Rules:**
  - o Only one child will talk at any one time - they must be holding the Discussion Piece.
  - o The Group Circle is about checking in with one another. *"We're here to listen and share a few words about our thoughts or feelings!"*
4. **Ask children to pass the Discussion Piece around the Group Circle,** giving each holder a chance to spend a few moments talking about their feelings or thoughts. It may be helpful to demonstrate first, to kick things off before passing along the Discussion Piece.

## Tips

- You may decide to implement a theme for your Group Circle, such as "My Week" or "How I've Been."
- Make things creative by posing a question for children to answer, before sitting quietly and setting the scene as a member yourself.