

How to Conduct Family Circles

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*A circle of strength and love.
Every birth and union, the circle grows.
Every crisis faced, makes the circle stronger.*

Our Family

Presented by your SEL Team

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What is Family Circle?

- It is a short period of time that family members spend together.
- During this time, the family gets a chance to listen and speak on certain topics that affect each family member
- It helps strengthen family without conflict, while addressing family concerns on an individual and group basis

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Who can participate in Family Circle?

- All family members who can speak 😊 and listen quietly



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What do we need for Family Circle?

- A facilitator (family member)
- A talking piece (selected by the facilitator)
- A quiet place to sit comfortably



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Planning for Family Circle

1. The facilitator (if younger may need support from a parent in planning) should select their talking piece
2. They will plan an intro, opening question, 2 focus questions, and a relaxing closing.
 - **Intro** – family prayer, a joke or riddle, quiet time to reflect on the day, best and worst
 - **Opening Question** – a fun question to get everyone started *i.e.* **If you could be a super hero, which hero would you be and why?**
 - **Two Focus Questions** – these are questions or derive from concerns the facilitator would like to address with the family
 - **What does it mean to be kind to each other?**
 - **How can we hold ourselves accountable for our actions?**
 - **What does love look like to you?**

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A Relaxing Closing

- *Breathing Exercise*
- *Remember when...*
- *Share a positive thought*
- *End with a hug*
- *End with a prayer*



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Rules of Family Circle

- Everyone can respond to each question
- Any member can “Pass” if uncomfortable with the question
- It is not a time for others to respond or comment on each other’s responses
- Only the person with the talking piece can speak



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Family Circles: Building Happy Families

Any Questions?

Click link below for family
circle prompts/questions:

<https://tinyurl.com/48yktnuu>