

# Activity:

## Community Circle: Reflecting on Vulnerability



### Purpose

This activity asks a group of students and their teacher(s) to explore the aspects of vulnerability together so they can cultivate them in their learning environments, deepen their understanding, and gain insights in a personal and meaningful way.



### Audience

Students or team members interested in building deeper connections



### Suggested Time

About 20 minutes per day (over multiple days)



### Materials

A talking piece or object you're using to indicate the speaker/who has the floor, agreements posted

Topic (minutes)	Details
Introduction, agreements, planning (10 min)	<p>Day 1: Briefly explain the purpose of the community circle – to explore and understand vulnerability.</p> <p>Set the Tone: Emphasize the importance of a safe, respectful, and confidential environment. Then, discuss these agreements:  <b>Listen respectfully    Speak from the heart    Share the talking piece</b>  <b>Respect confidentiality    Be supportive and non-judgmental</b>            Add to or change the agreements as the group suggests.</p> <p>Choose one aspect of vulnerability from the next page to use each day for six days.</p>
Discuss one aspect of vulnerability (10 minutes)	<p>Each subsequent day, focus on one aspect of vulnerability:</p> <ul style="list-style-type: none"> <li>• Use the prompts, discussion question, and talking stick to take turns sharing</li> </ul> <p>Notes</p> <ul style="list-style-type: none"> <li>• Ensure everyone gets a chance to speak without feeling rushed.</li> <li>• Be mindful of time but flexible based on the flow of conversation.</li> <li>• Encourage respectful listening and support throughout the discussion</li> </ul>
Closing round (5 min)	<p>Prompt: "What is one key insight or take away you have from today's circle?"            Discussion: Pass the talking piece for final reflections.</p>
Wrap up (5 min)	<p>Appreciate everyone for their participation and honesty. Reflect on the experience and discuss any follow-up or next steps including announcing the date and time of the next community circle and which aspect of vulnerability that will be discussed.</p>

<b>Aspect of vulnerability</b>	<b>Prompts and Discussion</b>
<b>Openness and authenticity</b>	<p>Prompt 1: "Tell me about a time when you felt you could truly be yourself with others. What made that possible?"</p> <p>Prompt 2: "How do you decide when and with whom to share your true thoughts and feelings?"</p> <p>Discussion: Pass the talking piece around the circle, allowing each person to share their thoughts.</p>
<b>Courage to share and connect</b>	<p>Prompt 1: "Describe a situation where you took a risk to share something personal or difficult with someone else. What was the outcome?"</p> <p>Prompt 2: "How do you feel before and after you share personal emotions or experiences with others?"</p> <p>Discussion: Continue the circle with these prompts, encouraging deep and reflective sharing</p>
<b>Acceptance of imperfection</b>	<p>Prompt 1: "How do you react when you notice imperfections in yourself or others?"</p> <p>Prompt 2: "Can you share a story when you had to accept what you perceived to be a flaw in yourself? What was the process like for you?"</p> <p>Discussion: Allow the group to explore their experiences with imperfection and how it affects their self-view and relationships.</p>
<b>Resilience and growth</b>	<p>Prompt 1: "Tell me about a time when facing vulnerability led to personal growth or learning."</p> <p>Prompt 2: "How do you typically handle setbacks or challenges?"</p> <p>Discussion: Encourage sharing about resilience and personal growth through vulnerability.</p>
<b>Empathy and compassion</b>	<p>Prompt 1: Can you describe a moment when someone else's vulnerability triggered a deep response in you?"</p> <p>Prompt 2: How do you show compassion when others around you are vulnerable?"</p> <p>Discussion: Explore how vulnerability fosters empathy and compassion.</p>
<b>Learning from mistakes</b>	<p>Prompt 1: "What is one mistake you've made that taught you a lot?" b. Prompt 2: "How do you approach making mistakes in personal or professional/school settings?" c. Discussion: Share experiences of learning and growth from mistakes.</p>