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.

Time: ~20 minutes (over multiple days)
Materials: A talking piece or object you're using to indicate the speaker/who has the floor.
Audiencet: Students or team members interested in building deeper connections.
Group size: Varies

Lesson Outline

Introduction and Norms (5 minutes)
Briefly explain the purpose of the community circle – to explore and understand vulnerability.

- **Set the Tone**: Emphasize the importance of a safe, respectful, and confidential environment.
- **Discuss Norms**:
  - Listen respectfully.
  - Speak from the heart.
  - Share the talking piece
  - Respect confidentiality.
  - Be supportive and non-judgmental.
- **Agree on Norms**: Ensure everyone agrees on the norms.

Choose one aspect of vulnerability to use each day for six days. (10 minutes) Be sure to include the closing round and wrap up each day.

1. **Openness and Authenticity**
   a. **Prompt 1**: "Tell me about a time when you felt you could truly be yourself with others. What made that possible?"
   b. **Prompt 2**: "How do you decide when and with whom to share your true thoughts and feelings?"
   c. **Discussion**: Pass the talking piece around the circle, allowing each person to share their thoughts.

COMMUNITY
DESIGN
PARTNERS

2. **Courage to Share and Connect**
   a. **Prompt 1**: "Describe a situation where you took a risk to share something personal or difficult with someone else. What was the outcome?"
   b. **Prompt 2**: "How do you feel before and after you share personal emotions or experiences with others?"
   c. **Discussion**: Continue the circle with these prompts, encouraging deep and reflective sharing.

3. **Acceptance of Imperfection**
   a. **Prompt 1**: "How do you react when you notice imperfections in yourself or others?"
   b. **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?"
   c. **Discussion**: Allow the group to explore their experiences with imperfection and how it affects their self-view and relationships.

4. **Resilience and Growth**
   a. **Prompt 1**: "Tell me about a time when facing vulnerability led to personal growth or learning."
   b. **Prompt 2**: "How do you typically handle setbacks or challenges?"
   c. **Discussion**: Encourage sharing about resilience and personal growth through vulnerability.

5. **Empathy and Compassion**
   a. **Prompt 1**: "Can you describe a moment when someone else's vulnerability triggered a deep response in you?"
   b. **Prompt 2**: "How do you show compassion when others around you are vulnerable?"
   c. **Discussion**: Explore how vulnerability fosters empathy and compassion.

6. **Learning from Mistakes**
   a. **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.

Closing Round (5 minutes)
- **Prompt**: "What is one key insight or take away you have from today's circle?"
- **Discussion**: Pass the talking piece for final reflections.

Wrap-Up (5 minutes)

Appreciate everyone for their participation and honesty. Briefly 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.

Notes

- Ensure everyone gets a chance to speak without feeling rushed.
- Be mindful of time but flexible based on the flow of conversation.
- Encourage respectful listening and support throughout the discussion.