

Sample Prompting Questions/Topics for Circles

Please note: It is always important to carefully select which questions or topics to pose to the group depending on the needs of the group. The health of each member of the circle is always to be strongly considered.

*Be prepared and know that some of the circle prompts may bring up a lot of emotions for the circle members.

Getting Acquainted

- Share a happy childhood memory.
- If you could be a superhero, what super powers would you choose and why?
- How would your best friend describe you?
- What would you not want to change about your life?
- If you could talk to someone from your family who is no longer alive, who would it be and why?
- If you had an unexpected free day, what would you like to do?
- If you were an animal, what animal would you be and why?
- Name two things or people who always make you laugh.
- I like to collect....
- If you could have a face to face conversation with anyone, who would it be and why?
- Describe your ideal job.
- Describe your favorite vacation.
- If you could change anything about yourself what would it be?

Exploring Values

- Imagine you are in conflict with a person who is important in your life. What values do you want to guide your conduct as you try to work out that conflict?
- What is your passion?
- What do you keep returning to in your life?
- What touches your heart?
- What gives you hope?
- What demonstrates respect?
- What change would you like to see in your community? What can you do to promote that change?
- A time when you acted on your core values even though others were not.

Storytelling from our lives to share who we are and what has shaped us (to build community)

Invite participants to share:

- A time when you had to let go of control
- A time when you were outside of your comfort zone
- An experience in your life when you “made lemonade out of lemons”.
- An experience of transformation when, out of a crisis or difficulty, you discovered a gift in your life.

- An experience of causing harm to someone and then dealing with it in a way you felt good about.
- An experience of letting go of anger or resentment.
- A time when you were in conflict with your parents or caregiver.
- An experience where you discovered that someone was very different from the negative assumptions you first made about that person.
- An experience of feeling that you did not fit in.

Relating to Curriculum:

- The best/worst thing about this science project is...
- The main character in the book we are reading is like/not like me when...
- These math problems make me feel...

Additional Potential Circle Starters:

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| 1. I feel happy when... | 33. My favorite weekend activity is... |
| 2. I feel sad when... | 34. My favorite song is... |
| 3. I feel angry when... | 35. My favorite sport is... |
| 4. I feel scared when... | 36. My favorite color is... |
| 5. I feel excited when... | 37. My favorite weather is... |
| 6. I feel stressed when... | 38. Rain makes me feel... |
| 7. I feel alone when... | 39. Wind makes me feel... |
| 8. The scariest thing... | 40. Sunshine makes me feel... |
| 9. My favorite hobby... | 41. Snow makes me feel... |
| 10. My favorite pet... | 42. Fog makes me feel... |
| 11. My favorite food is... | 43. Today I feel... |
| 12. My favorite T.V. show is... | 44. When I think of blue, I think of... |
| 13. My favorite weekend activity is... | 45. When I think of red, I think of... |
| 14. My favorite song is... | 46. When I think of green, I think of... |
| 15. My favorite sport is... | 47. When I think of yellow, I think of... |
| 16. My favorite color is... | 48. When I think of black, I think of... |
| 17. My favorite weather is... | 49. When I think of brown, I think of... |
| 18. Rain makes me feel... | 50. When I think of white, I think of... |
| 19. Wind makes me feel... | 51. If I were an animal, I would be... |
| 20. Sunshine makes me feel... | 52. If I were a famous actor/actress, I would be ... |
| 21. I feel happy when... | 53. If I were a famous athlete, I would be... |
| 22. I feel sad when... | 54. When I graduate from high school, I want to ... |
| 23. I feel angry when... | 55. When I become an adult, I want to... |
| 24. I feel scared when... | 56. When I start my career, I want to ... |
| 25. I feel excited when... | 57. I can't wait until... |
| 26. I feel stressed when... | 58. Friends are ... |
| 27. I feel alone when... | 59. Families are... |
| 28. The scariest thing... | 60. Putdowns make me feel... |
| 29. My favorite hobby... | 61. Appreciations make me feel... |
| 30. My favorite pet... | |
| 31. My favorite food is... | |
| 32. My favorite T.V. show is... | |

**This material is adopted from Kristi Cole and Paul Dedinsky's packet of Restorative Justice Practices, Milwaukee Public Schools. Safe Schools/Healthy Students.