

# Circle Time with Questions



- Find a talking piece (person with this in their hand is only one talking) and a circle
- 1st round: Reflection of day, things you want to work on tomorrow
- 2<sup>nd</sup> round: Random questions and thoughts

# Five Finger Contract



- Pinky- time you or someone else was safe
- Ring finger- time when you committed to something that was outside your comfort zone
- Middle finger- shout out to someone that was being kind
- Index finger- is when you or someone else used challenge by choose
- Thumb- something fun you did that day

# Acronym HOMES



- Humor- Celebrate a funny moment or memory of day
- Others-give someone else in your group a shout out or affirmation
- Me- give yourself some kudos for something that you did that day that you are happy about
- Everyone-This is the hardest one to comprehend sometimes. Think of something that happened or that you learned today that everyone outside of you group could either resonate with, appreciate, or learn from.
- Squad-Think of something that no matter how many times this story is told or this moment is shared, it will most likely just be best understood by those in the group who experienced it. Not in an exclusive way, but to share and appreciate parts of the experience that may be more difficult to share with the rest of the world.

# Rose Bud Thorn



- Rose= Highlight of day
- Thorn= low point of day
- Bud= Something you are looking forward in tomorrow

# Journal Prompts



- What are characteristics that describe you
- Where do you feel like you most belong?
- Who are people that make you feel most yourself, why?
- What do you enjoy to do in life?
- What scares you?
- Write a letter to future or past self?
- Write a list of you favorites. Music, books, places.
- What is something that you did that you are proud of, why?
- What is your favorite noise (any other sense)?
- What am I feeling right now?
- If I could have dinner with anyone who would it be?
- Write a letter to someone else!

# Tea Time



- Pick a time of day to sit with self, family, your animals, etc and drink a warm beverage of choose.
- This sets up special time that you can journal meditate, listen to music, play a game.
- You can always depend on this time to bring some type of joy or reflection.

# Scrambled Brownies?!



- Find some old boxed dessert in your pantry, get it on a fry pan. SCARMBLE IT UP!
- Next find a place to sit in a circle with a group of people and share your day with them
- Then pick a question, and while each person is answering it they get a scoop of dessert
- Questions could range from: What wildlife did you hear or see today? What feelings did you have today? And anywhere in between!
- Keep asking and answering questions, until scrambles dessert it done!

# Appreciation Circle



- Find a group of people, and it can be family, friends, zoom chat and sit in a circle (to best of ability). There are many ways you can go about giving appreciation.
- 1: everyone gives a appreciation to the person on their right/left.
- 2: popcorn style, you give a compliment and pass another one on to another person.
- 3: writing everyone's name down on a paper and writes a short appreciation about them!
- 4: any other way!