

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 group's needs. 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 superpowers 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 that 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 did 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 during which you "made lemonade out of lemons"
- An experience of transformation during which, 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 during which you discovered someone was very different from the negative assumptions you first made about that person
- An experience of feeling 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... | 27. I feel excited when... |
| 2. I feel sad when... | 28. I feel stressed when... |
| 3. I feel angry when... | 29. I feel alone when... |
| 4. I feel scared when... | 30. The scariest thing... |
| 5. I feel excited when... | 31. Today I feel... |
| 6. I feel stressed when... | 32. When I think of blue, I think of... |
| 7. I feel alone when... | 33. When I think of red, I think of... |
| 8. The scariest thing... | 34. When I think of green, I think of... |
| 9. A hobby I enjoy is... | 35. When I think of yellow, I think of... |
| 10. An animal I love is... | 36. When I think of black, I think of... |
| 11. A food I really enjoy is... | 37. When I think of brown, I think of... |
| 12. A T.V. show I love is... | 38. When I think of white, I think of... |
| 13. On the weekends I love to... | 39. If I were an animal, I would be... |
| 14. A song I love is... | 40. If I were a famous actor/actress, I would be ... |
| 15. A sport I like to watch or play is... | 41. If I were a famous athlete, I would be... |
| 16. A color I love is... | 42. When I graduate from high school, I want to ... |
| 17. Weather I enjoy is... | 43. When I become an adult, I want to... |
| 18. Rain makes me feel... | 44. When I start my career, I want to ... |
| 19. Wind makes me feel... | 45. I can't wait until... |
| 20. Sunshine makes me feel... | 46. Friends are ... |
| 21. Snow makes me feel... | 47. Families are... |
| 22. Fog makes me feel... | 48. Putdowns make me feel... |
| 23. I feel happy when... | 49. Appreciations make me feel |
| 24. I feel sad when... | |
| 25. I feel angry when... | |
| 26. I feel scared when... | |

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