

Staff Support



Circle Agenda

Agendas created in partnership with



Circle Topic		CR Session 1B: Compassion in Action
<b>Planning:</b>		
<b>Purpose of circle/ Learning objectives</b>	Understanding the meaning of compassion, what it looks like in action and what is required of individuals to show compassion	
<b>Materials/preparation/time</b>	Time: 45-50 min Send the <a href="#">information document</a> from Section 1 to all participants a few days prior to the date of the circle. Materials: Circle kit, values and shared agreements created in first session, <a href="#">Compassionate Action Steps Visual</a> handout Set-up: Up to 15 chairs arranged in a circle without furniture in the middle	
<b>Welcome/opening</b>	Our human compassion binds us the one to the other — not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.” — Nelson Mandela	
<b>Check-in or community-building activity</b>	<ol style="list-style-type: none"> <li>(Talking piece) Share your name again for anyone new to the circle, how you are doing on a scale of 1-5 and one word that describes how you’re feeling.</li> <li>Mindful Moment: Today we are talking about compassion and to help us become present in the space we will take a mindful moment. Please get into the mindful position and take 3 deep breaths. Think of a place that brings you peace and calm. What do you see when you are thinking about this place? What do you hear as you think of this place? What do you smell? Take another moment to really visualize yourself in this place. When you are ready, open your eyes or bring your gaze back to the circle.</li> </ol>	



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<b>Guiding questions</b>	<p><b>Explain:</b> Compassion is defined in the toolkit as, “The awareness of someone else’s pain coupled with the desire to help in alleviating it.”</p> <p>1. (Talking piece) What feelings or thoughts come up when you think about compassion within your job as an educator? (can be positive or negative)</p> <p>Review the six steps of compassionate action using the <a href="#">visual from the CR Toolkit</a> set in the middle of the circle as a visual reference. As facilitator it can be helpful to share your own story first that illustrates the use of the compassionate action steps before asking participants to share a story.</p> <p>2. (Popcorn) Ask for a few volunteers to share a story of when the compassionate action of someone else positively influenced them.</p> <p>As facilitator, connect the compassionate action steps to the stories shared by participants and summarize how you felt the steps were used to promote compassionate action.</p> <p>Remind participants that throughout our time together we will also be learning new ways to protect ourselves from the type of compassionate action that drains our well-being and learn how some actions turns out not to be compassionate after all.</p>
<b>Check-out/check for understanding</b>	Share a thought of gratitude with the circle.
<b>Closing</b>	“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” — Dalai Lama