

What Are We Talking About?

Section 2

Staff Support

Circle Agenda

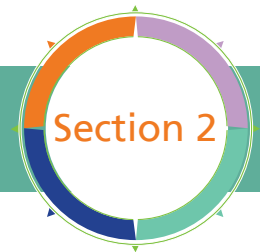


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Circle Topic	CR2: What are we talking about? Wellness, Self-Compassion, Compassion Fatigue and Compassion Resilience
Planning:	
Purpose of circle/ learning objectives	We are learning how the toolkit's wellness compass can help us reflect on our own patterns of compassion fatigue and resilience.
Materials/preparation/time	<p>Time: 45-50 min</p> <p>Send the information document from Section 2 of the toolkit to all participants a few days before the circle date.</p> <p>Materials: Circle kit, values and shared agreements created in first session, handout Fatigue and Resilience in the Wellness Compass from the CR toolkit for each participant</p> <p>Set-up: Up to 15 chairs arranged in a circle without furniture in the middle</p>
Welcome/opening	"The journey towards health and wellness requires the care and support of others. We cannot be truly well by ourselves." — Scott and Holly Stoner: Teen Compass Wellness Notebook
Check-in or community- building activity	<p>1. (Talking piece) Share one word that describes your head and one word that describes your heart right here, right now.</p> <p>Complete ice-breaker activity if time permits:</p> <p>2. Ice-breaker activity: Milling to music</p> <ul style="list-style-type: none"> ▪ Get into groups of four and share a story about yourself that involves music. ▪ Get into groups of three and share a story that exemplifies your high school experience. ▪ Get into pairs and share a story about your best friend.

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Guiding questions	<p>Explain: Review the definitions included in the Information document sent to participants from section 2 of the toolkit.</p> <ol style="list-style-type: none">1. (Popcorn) In your own words define compassion fatigue and what it looks like in the school setting.2. (Popcorn) In your own words define compassion resilience and what it looks like in the school setting. <p>Review handout, Fatigue and Resilience in the Wellness Compass, before answering the following question.</p> <ol style="list-style-type: none">3. (Talking piece) Which section of the wellness compass do you feel most resilient? How do you maintain your resiliency in this area?4. (Talking piece) Think about an adult role model who influenced your sense of resiliency and self-care? Who was your role-model and how did they influence you?5. (Popcorn) Ask for a few volunteers to share a story describing a time your role model influenced/shaped your thoughts of resiliency around your heart, spirit, strength or mind.
Check-out/check for understanding	What area of the wellness compass are you going to focus caring for during this school year?
Closing	What is one word of gratitude you want to leave the circle with?