


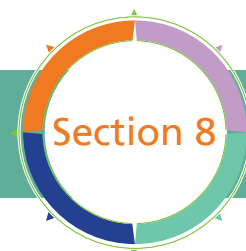


Agendas created in partnership with 

Circle Topic	
CR Section 8: Wellness and Resilience Strategies: Mind	
Planning:	Send document for distribution from the website to all circle participants at least 4 days prior to the circle.
Purpose of circle/ Learning objectives	We are learning how to build resilience in the Mind area of the wellness compass.
Materials/preparation/time	Time: 45-50 min Materials: Circle kit, values and shared agreements created in first session, The Compass Assessment, pens/pencils and post-it notes for the check-out activity Set-up: Up to 15 chairs arranged in a circle without furniture in the middle

Welcome/opening	<p>"Change your thoughts and you change your world." — Norman Vincent Peale</p> <p>Mindful Moment: Body Scan Explain: Today we are opening our circle with a mindfulness activity. Mindfulness involves focusing our attention on the present and noticing our thoughts and feelings with an attitude of acceptance. The goal of mindfulness is to be fully present with our emotions (HEART), with others (HEART), with our bodies (STRENGTH), with our environment (MIND), and with the universe (SPIRIT) (Davidson, 2012); therefore, mindfulness is a key skill that will form a foundation for building our compassion resilience in all four sectors of the wellness compass. We will practice doing a body scan which is an internal practice designed to train your mind to be more present.</p>
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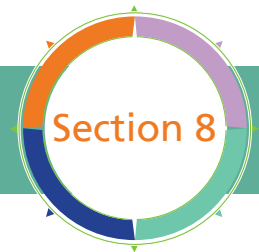
Wellness and Resilience Strategies: Mind



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Welcome/opening (continued)	<p>As the facilitator you can choose to play this video by renowned mindfulness author, Elisha Goldstein, as your opening activity or you can lead your own body scan by following the directions below.</p> <p>Body scan directions:</p> <ul style="list-style-type: none">▪ Find a comfortable posture with your feet on the floor and your back erect. You may sit or stand and close your eyes or look at the ground.▪ Now find your breath, typically most apparent in your nose, chest or stomach. Give your attention to your breathing and attune to it with curiosity.▪ Do not worry about your mind wandering, just gently bring it back to focus on the sensation of breathing, like you are redirecting a puppy that has wandered off.▪ Notice how breathing nourishes your body even when you are not paying attention to it.▪ Feel your whole body breathe, gently moving with the rise and fall of your breath. Try to pay attention to at least 5 breathing cycles.▪ Now, release your breathe and allow everything that comes into awareness to just be as it is.
Check-in or community-building activity	<ol style="list-style-type: none">1. (Talking piece) Share how you're doing on a scale of 1-5. What book, movie or show have you read/seen recently that you would recommend to others and why?
Guiding questions	<p>Take 10 minutes independently to complete The Compass Assessment.</p> <ol style="list-style-type: none">1. (Talking piece) What were you thinking or feeling as you answered the survey or reviewed your answers?2. (Talking piece) What area do you see as your greatest strength and what is one thing you do to take care of that area that you are willing to share with the group?3. (Talking piece) If you could develop or transform our school in any way that you wished, what is one thing you would do to improve its vitality and overall health – consider the 8 areas of the compass?



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Check-out/check for understanding	<p>Power of the positive word directions:</p> <ul style="list-style-type: none">▪ Have staff restate their first name and a favorite activity they like to do outside of work.▪ As each staff member describes the activity, the rest of the group writes down the person's name and a positive statement about that person. These statements can mention an accomplishment of the person, a unique skill/aptitude, and/or a strength the person brings to the school.▪ After each staff member has spoken and everyone has written positive comments, people will hand out their positive comment notes to respective staff members. In the end, each staff member should receive a positive comment from each member of the group.▪ Allow staff a few minutes to read through their positive comments. Bring the group back together and take a moment of silence to reflect on "how it feels to be given positive comments."
Closing	1. (Talking piece) What is one thing you will take with you from your experience in our circle today?