

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 needs of the group. 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 super powers 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 who 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 were 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 when you “made lemonade out of lemons”.
- An experience of transformation when, 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 where you discovered that someone was very different from the negative assumptions you first made about that person.
- An experience of feeling that 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:

<ol style="list-style-type: none"> 1. I feel happy when... 2. I feel sad when... 3. I feel angry when... 4. I feel scared when... 5. I feel excited when... 6. I feel stressed when... 7. I feel alone when... 8. The scariest thing... 9. My favorite hobby... 10. My favorite pet... 11. My favorite food is... 12. My favorite T.V. show is... 13. My favorite weekend activity is... 14. My favorite song is... 15. My favorite sport is... 16. My favorite color is... 17. My favorite weather is... 18. Rain makes me feel... 19. Wind makes me feel... 20. Sunshine makes me feel... 21. I feel happy when... 22. I feel sad when... 23. I feel angry when... 24. I feel scared when... 25. I feel excited when... 26. I feel stressed when... 27. I feel alone when... 28. The scariest thing... 29. My favorite hobby... 30. My favorite pet... 31. My favorite food is... 32. My favorite T.V. show is... 	<ol style="list-style-type: none"> 33. My favorite weekend activity is... 34. My favorite song is... 35. My favorite sport is... 36. My favorite color is... 37. My favorite weather is... 38. Rain makes me feel... 39. Wind makes me feel... 40. Sunshine makes me feel... 41. Snow makes me feel... 42. Fog makes me feel... 43. Today I feel... 44. When I think of blue, I think of... 45. When I think of red, I think of... 46. When I think of green, I think of... 47. When I think of yellow, I think of... 48. When I think of black, I think of... 49. When I think of brown, I think of... 50. When I think of white, I think of... 51. If I were an animal, I would be... 52. If I were a famous actor/actress, I would be ... 53. If I were a famous athlete, I would be... 54. When I graduate from high school, I want to ... 55. When I become an adult, I want to... 56. When I start my career, I want to ... 57. I can't wait until... 58. Friends are ... 59. Families are... 60. Putdowns make me feel... 61. Appreciations make me feel...
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**This material is adopted from Kristi Cole and Paul Dedinsky's packet of Restorative Justice Practices, Milwaukee Public Schools. Safe Schools/Healthy Students.