

Using Suggested Guidelines

When time does not allow for creating the guidelines within the Circle you can offer several basic guidelines and ask the participants if they are okay with those guidelines or if there is anything they want to add. Suggested guidelines can be adjusted to suit the particular group you are working with.

Example of possible suggested guidelines:

- Speak only when you have the talking piece.
- It is okay to pass the talking piece without speaking.
- Speak and listen with respect.
- Speak and listen from the heart.
- Honor privacy - personal information shared in Circle stays in Circle.
- Take the time you need while being mindful of the need for others to have time.
- Take care of yourself in balance with taking care of the circle.

Types of Circle

Talking Circles:

- Celebration Circles
- Learning Circles
- Community building Circles
- Dialog Circles
- Healing/grief or loss Circles

Problem solving Circles:

- Support Circles
- Reintegration Circles
- Decision making Circles
- Conflict Circles
- Harm Circles