



Presented by Kristy Elliott (B.Ed, MAPP)
Director & Founder Restorative
Pathways

CIRCLE PEDAGOGY:

A PATHWAY TO WELLBEING IN SCHOOLS


kristy@restorativepathways.com.au
www.restorativepathways.com.au



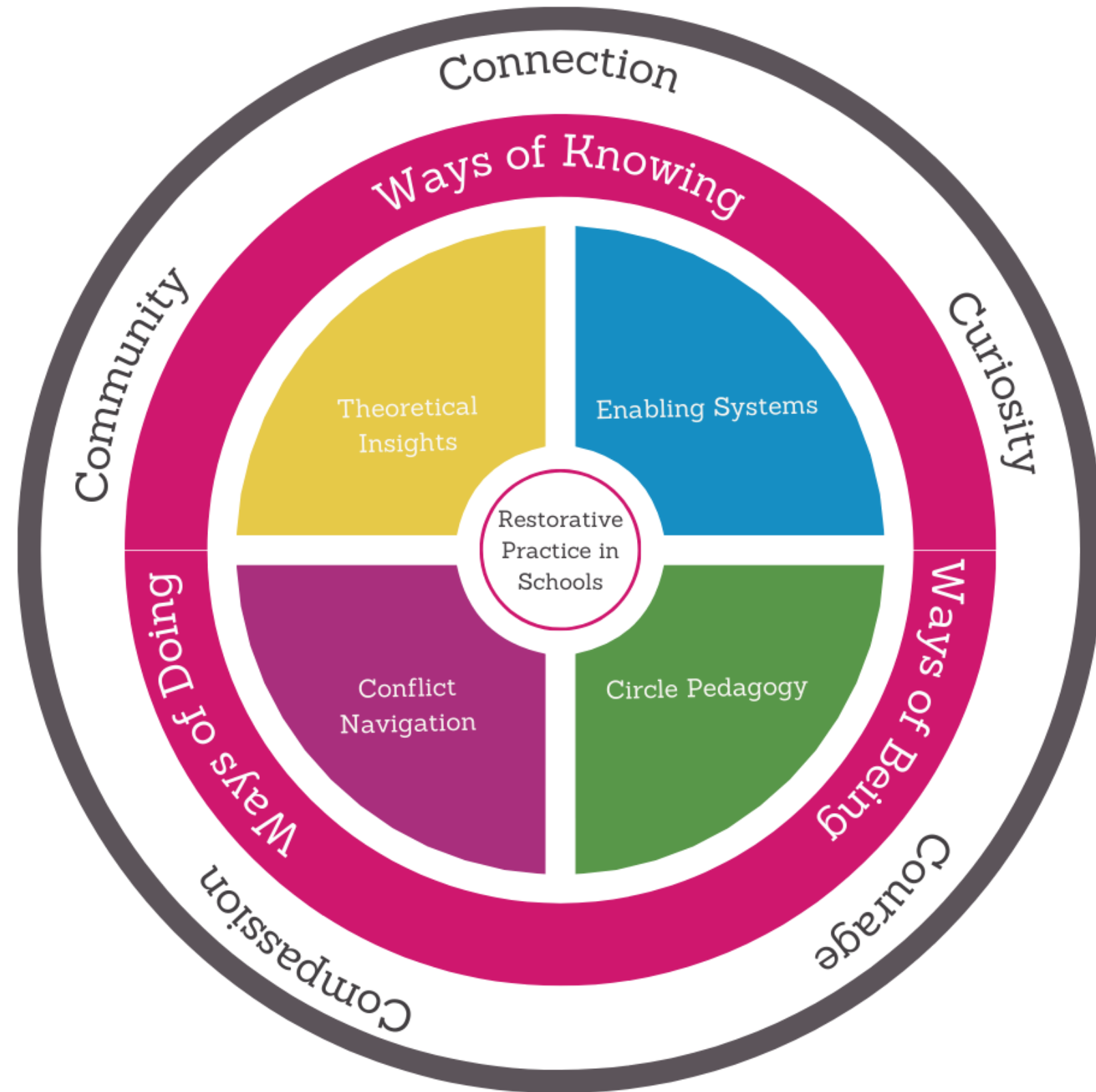
AGENDA

 Circle Pedagogy Explained

 Circle Experience

 Circles & Wellbeing

OUR MODEL OF RP IN SCHOOLS



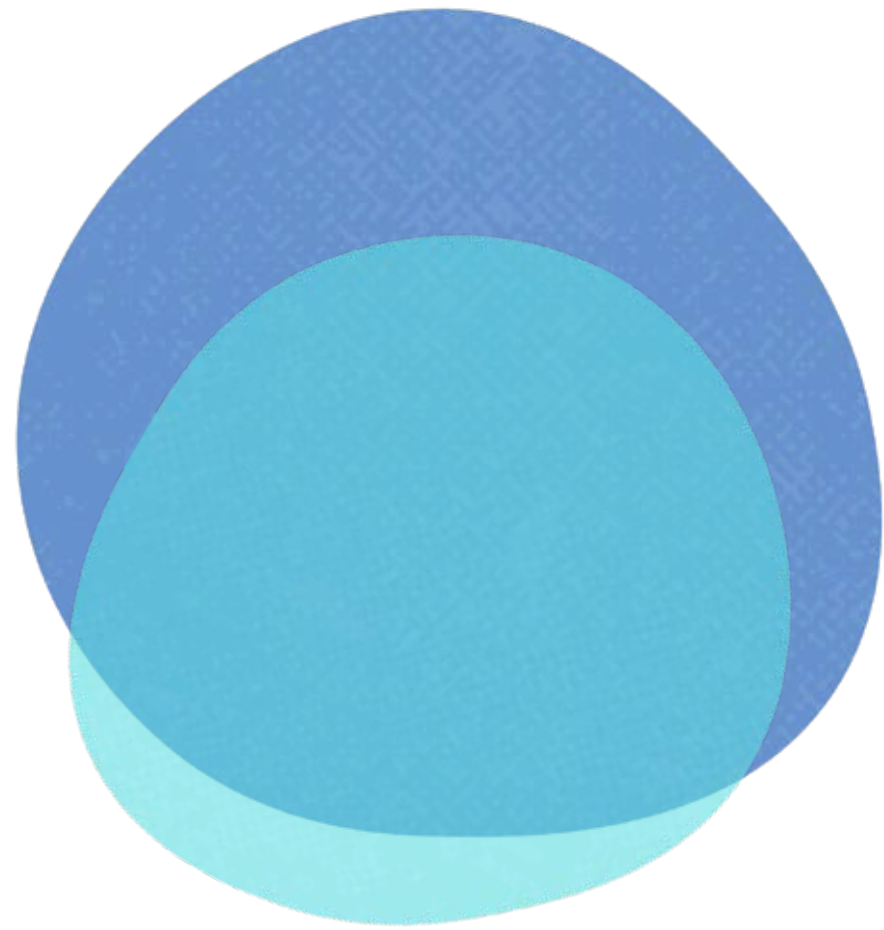
Facilitating learning communities that nurture the capacity of people to engage with one another and their environment in a manner that supports and respects the **inherent dignity and worth of all.**

(Evans & Vanderling, 2016)

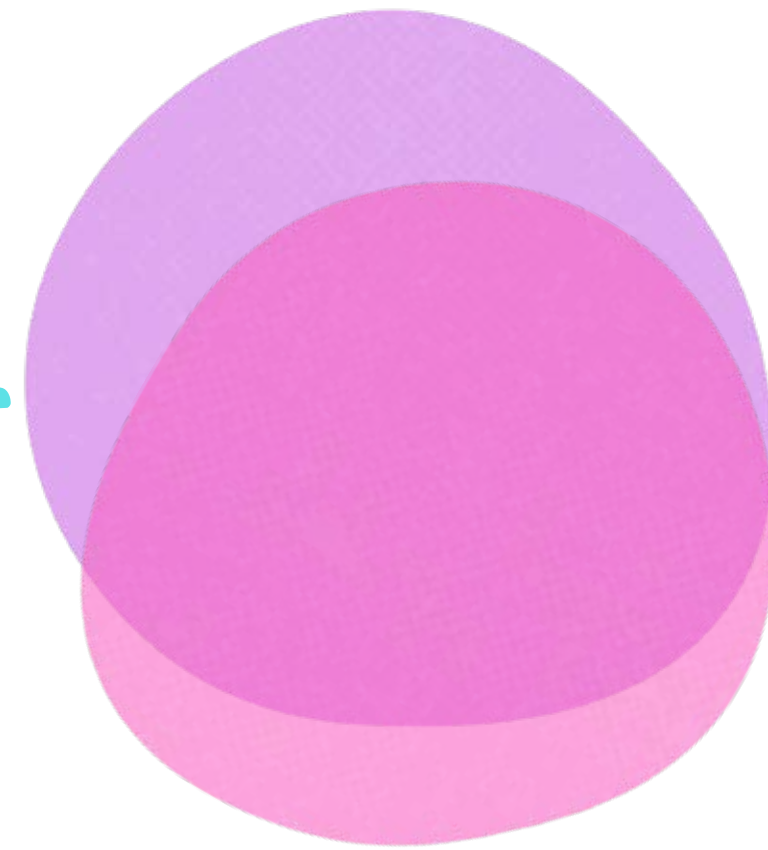


WHAT IS CIRCLE PEDAGOGY?

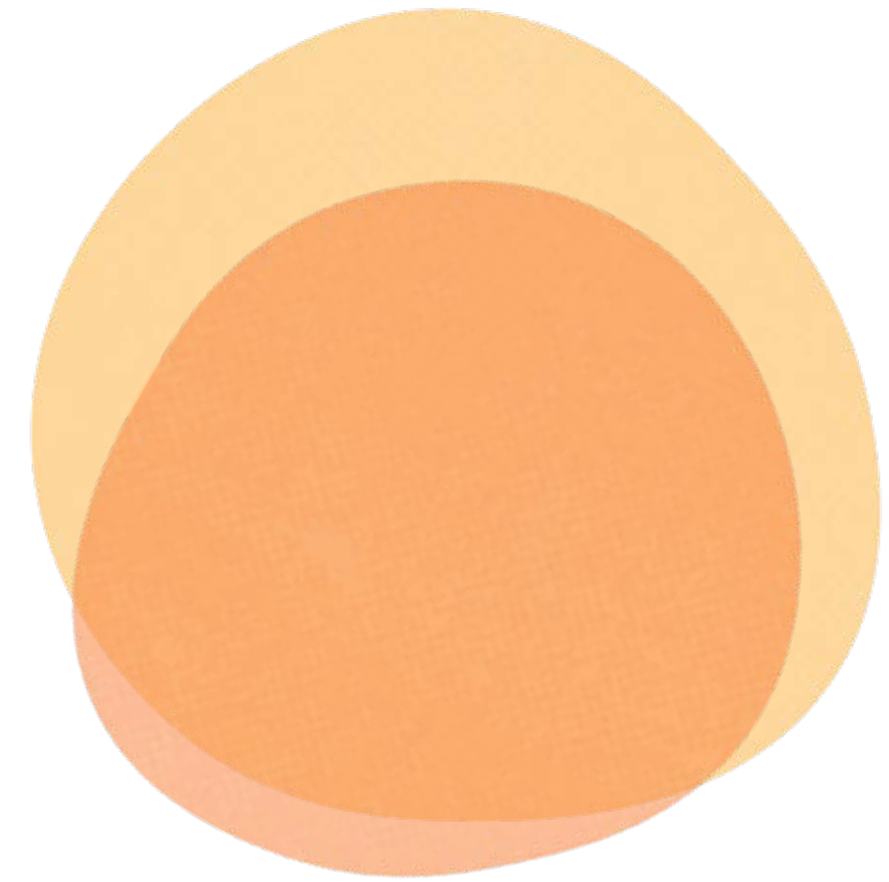




A collaborative,
participatory model of
teaching & learning,
designed to break down
traditional power
structures inherent in
education systems



An inclusive practice,
providing opportunities of
connection, positive
emotion, voice equality, &
a sense of belonging &
safety for participants



A flexible, but structured
community experience
using repetition, rhythm,
& predictability capable
of nurturing our nervous
systems & overall
wellbeing



FOUNDATIONAL CIRCLE PRINCIPLES

Equity

Democracy

Inclusion

Respect

Safety

Choice

Agency

CIRCLE GUIDELINES



Respect the Talking Piece.



Speak from the heart.



Share just enough.



Listen with respect.



Remain in the circle.



Honor confidentiality.



Rules for Circle Time

- 1. Listen when others are speaking.*
- 2. We may pass.*
- 3. Be positive.*

(no put downs, just fun!)

OUR CIRCLE OF TRUST

1- Speak from the heart.

- Tell your truth.



2- Listen from the heart.

- Practice respectful listening
(only speak when you have the talking piece).



3- Trust you will know what to say.

- You can pass / phone a friend if you get stuck.



4- Everything stays in the circle.

- We are a community of trust and compassion.



CIRCLES & WELLBEING

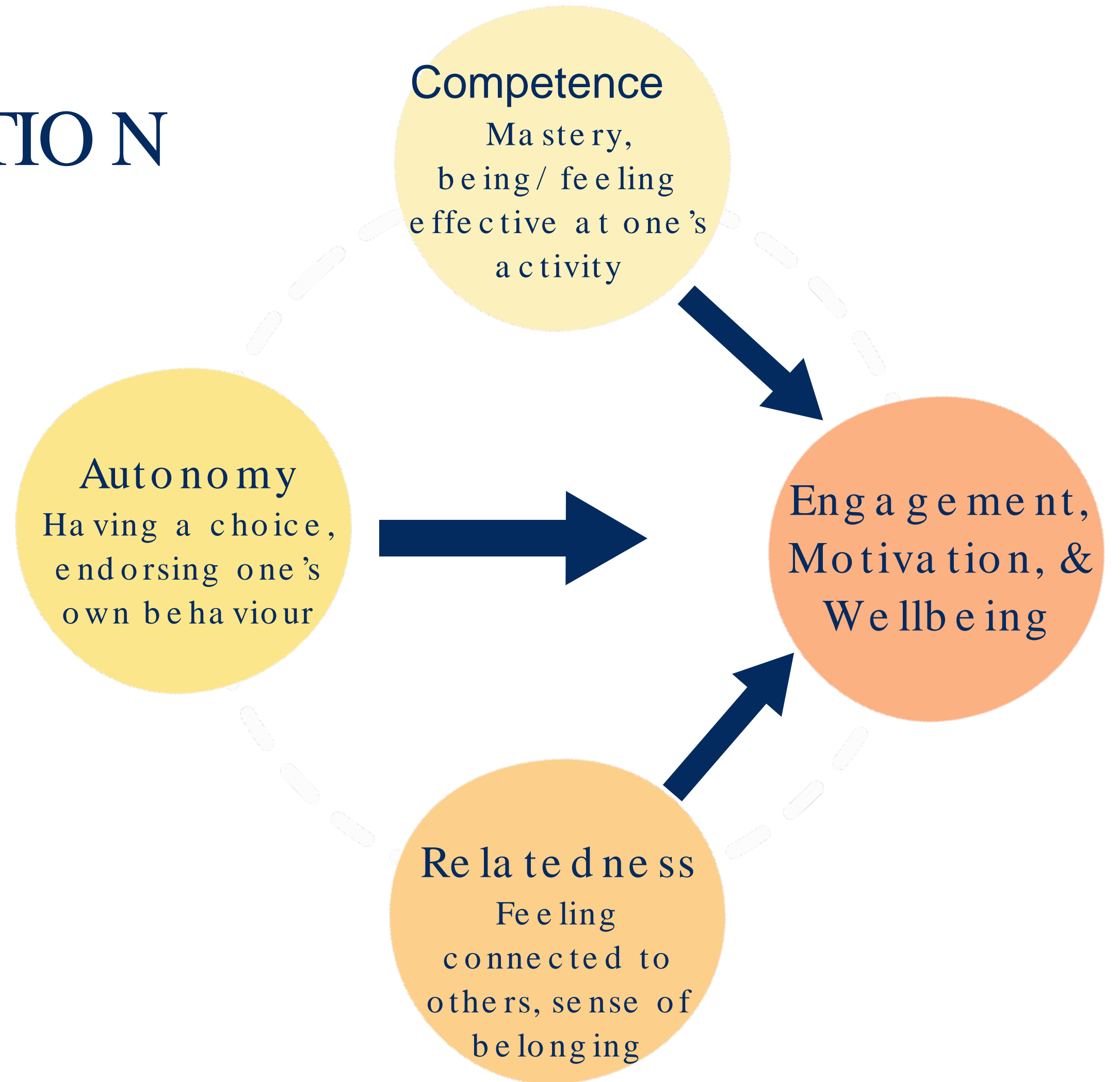


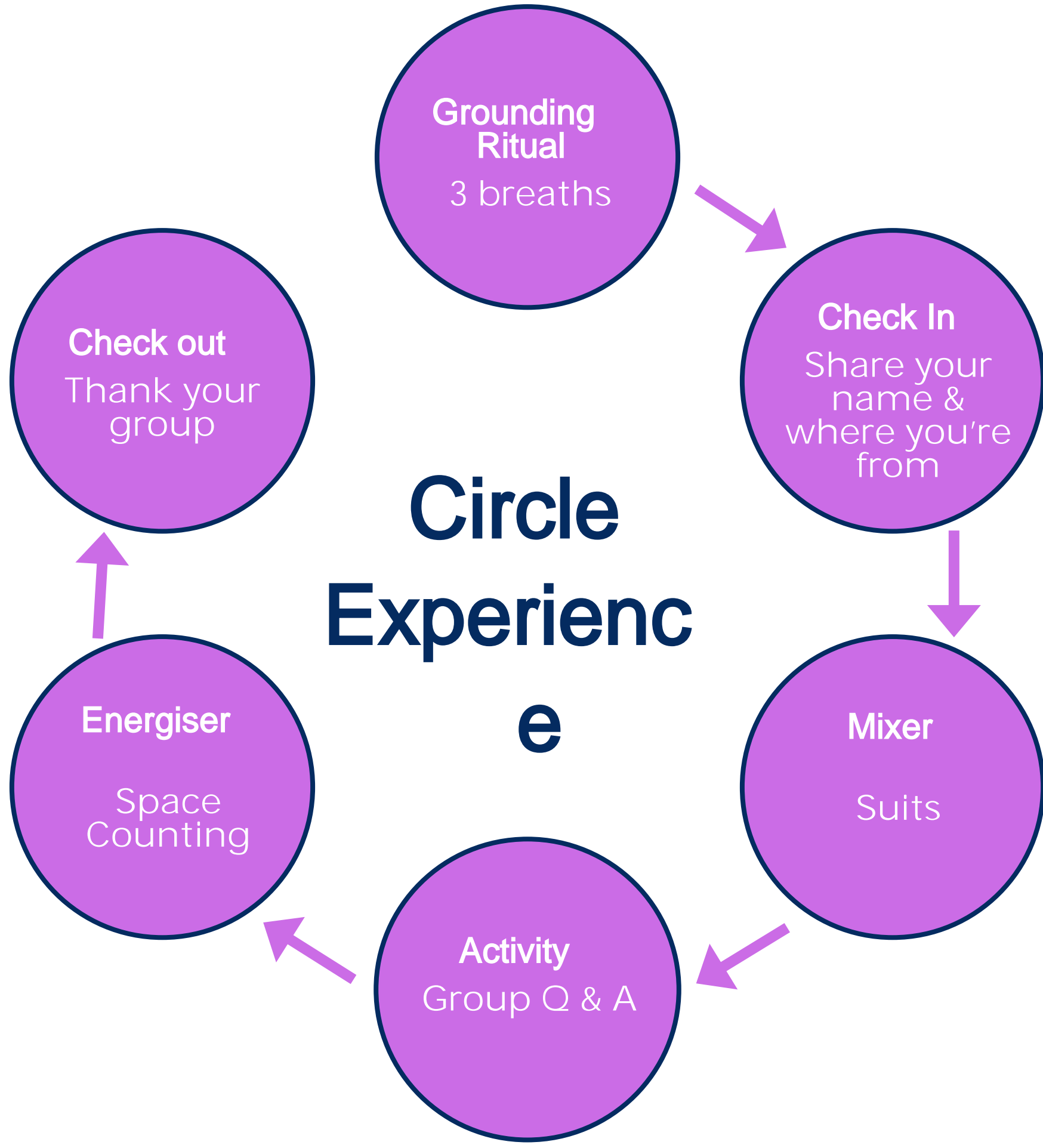
“ *Nothing about me,
without me* ”



SELF-DETERMINATION THEORY

(Ryan & Deci, 2000)

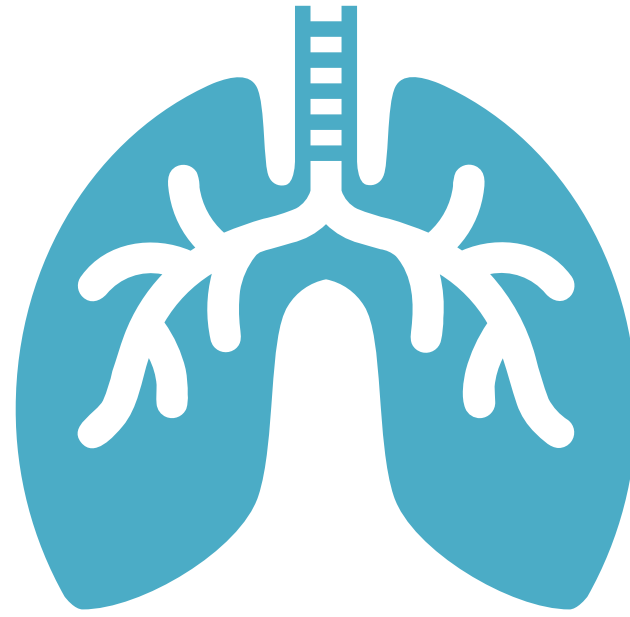




Circle Experience

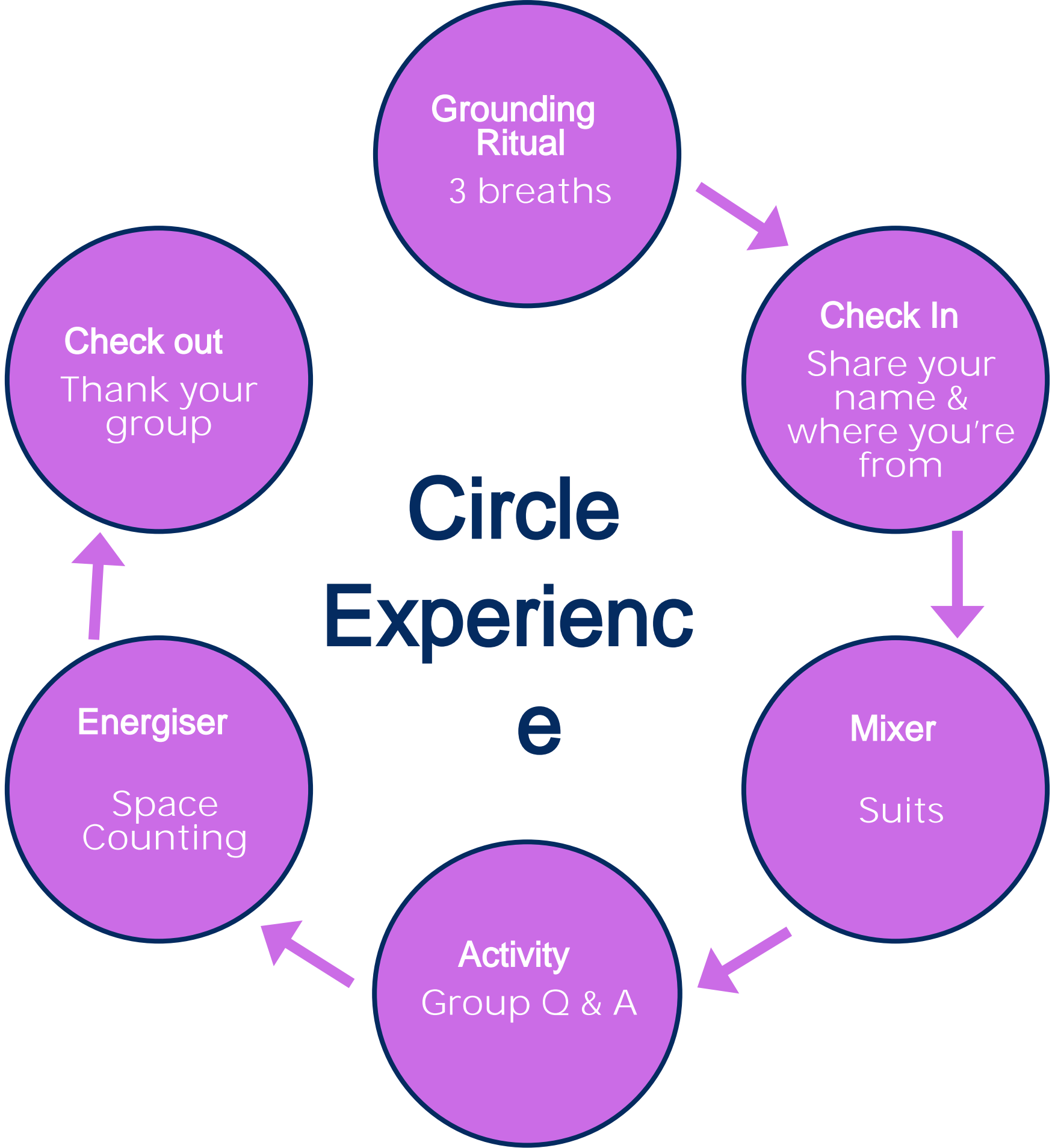
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3 Breaths



1. Take a deep breath in, on the exhale notice and release any physical tension
2. Take a deep breath in, on the exhale tell yourself what you're grateful for right now
3. Take a deep breath in, on the exhale tell yourself what your intention is for this session (e.g. be curious, be present, be generous, etc.)

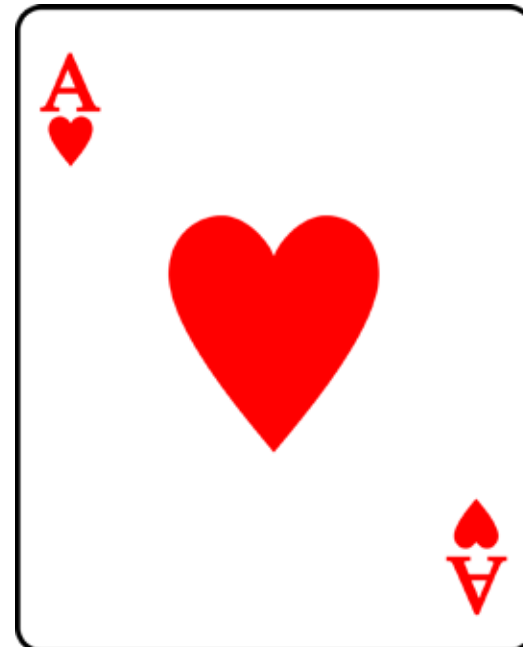
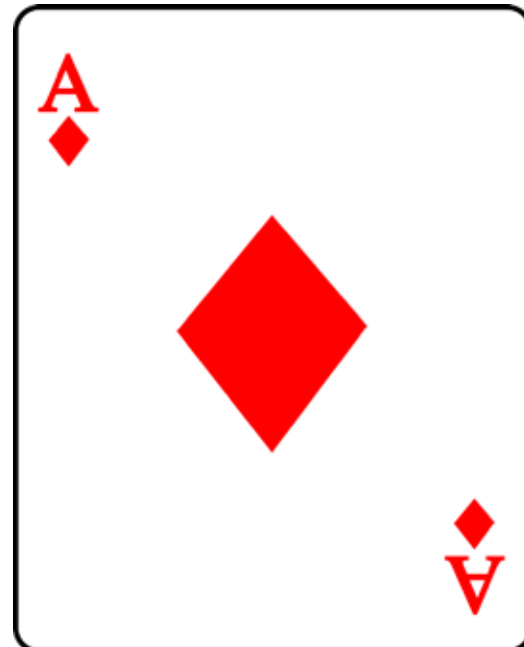
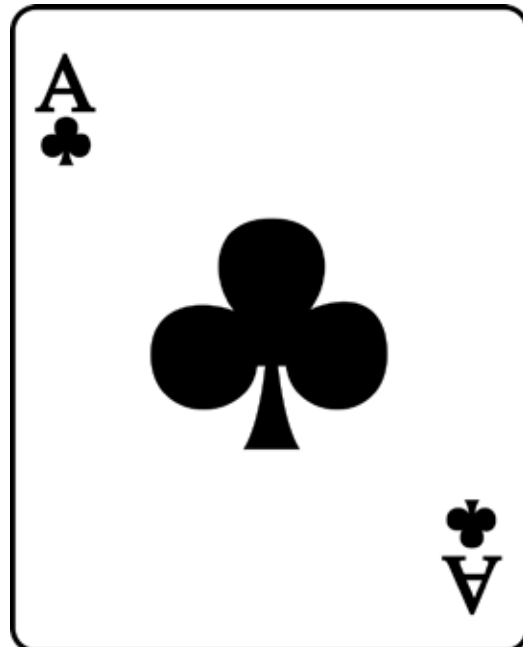
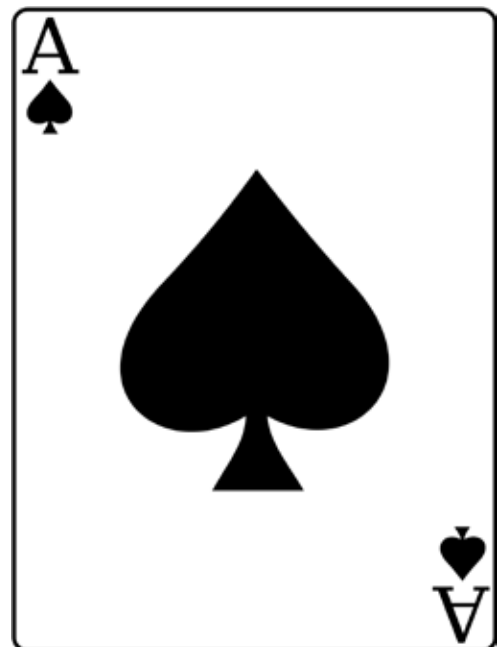




Mixer

Suits

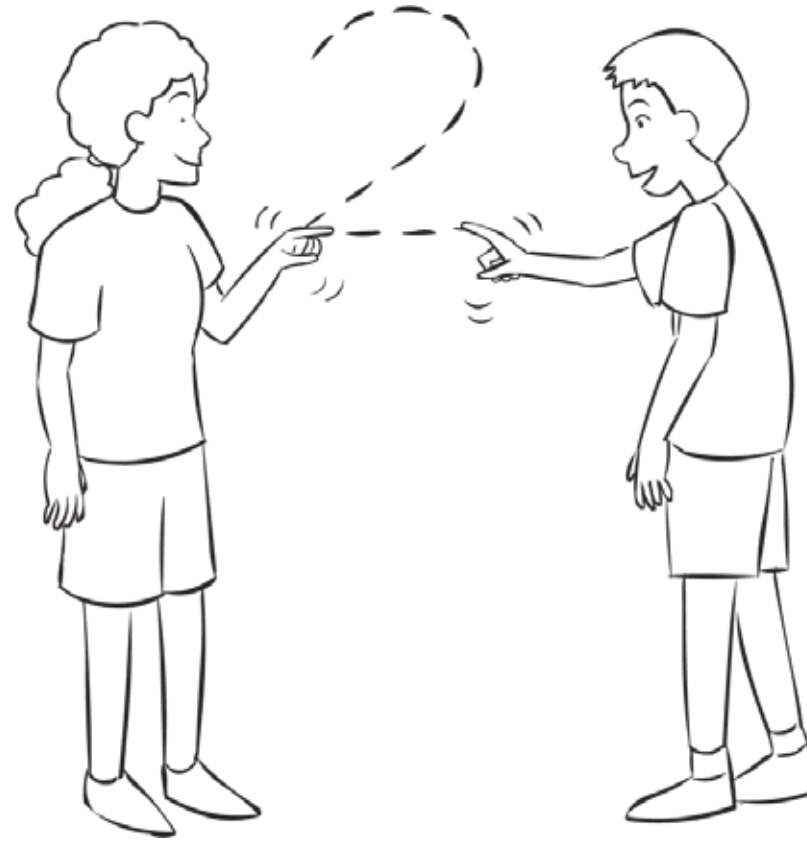
1. Form groups of 4 ensuring each group has one spade, one club, one diamond and one heart.
2. Sit together in a smaller circle.
3. Decide on the first question to ask and allow each person the opportunity to answer around the circle.
4. Repeat until the time is up.

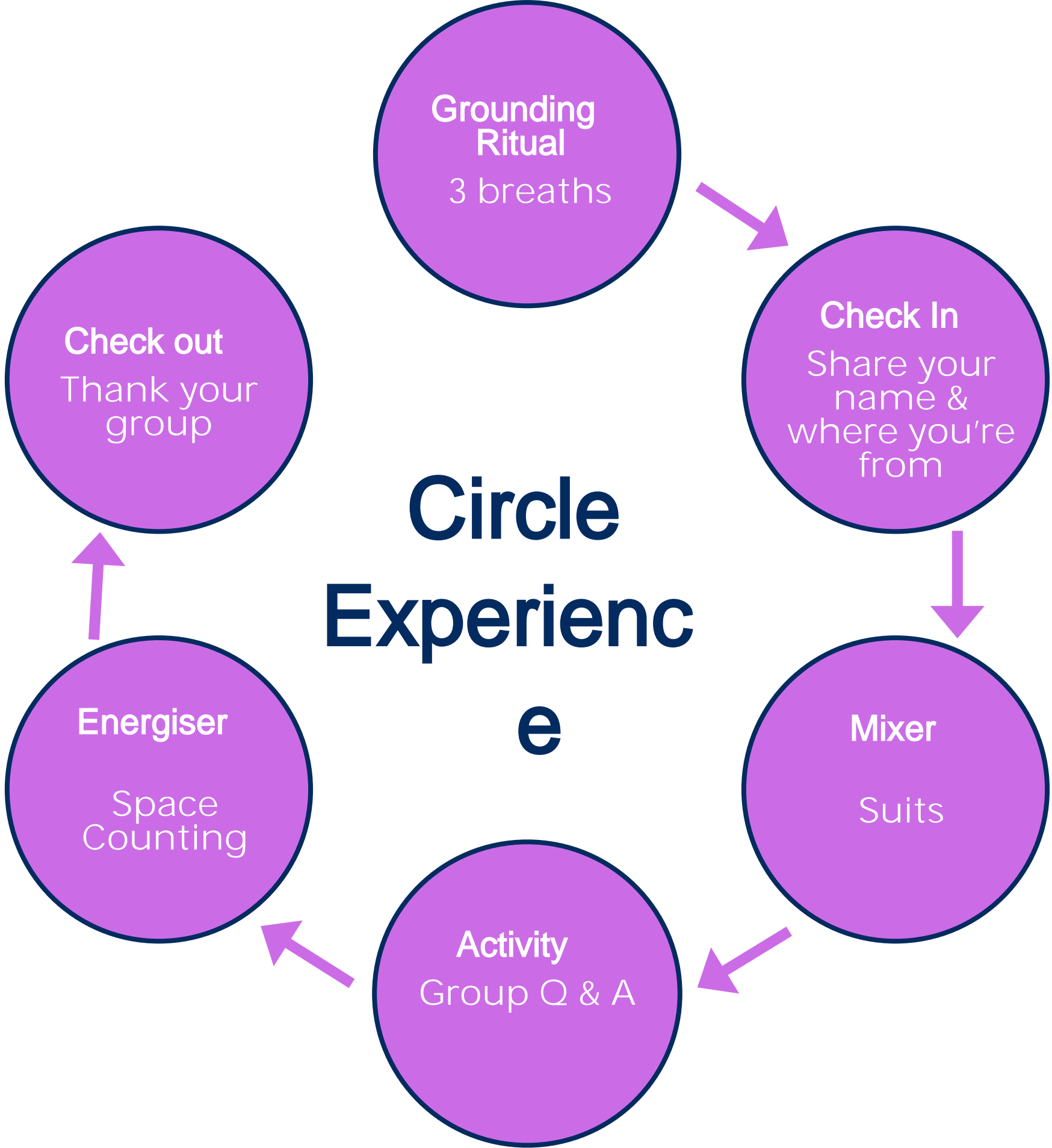


Energiser

Space Counting

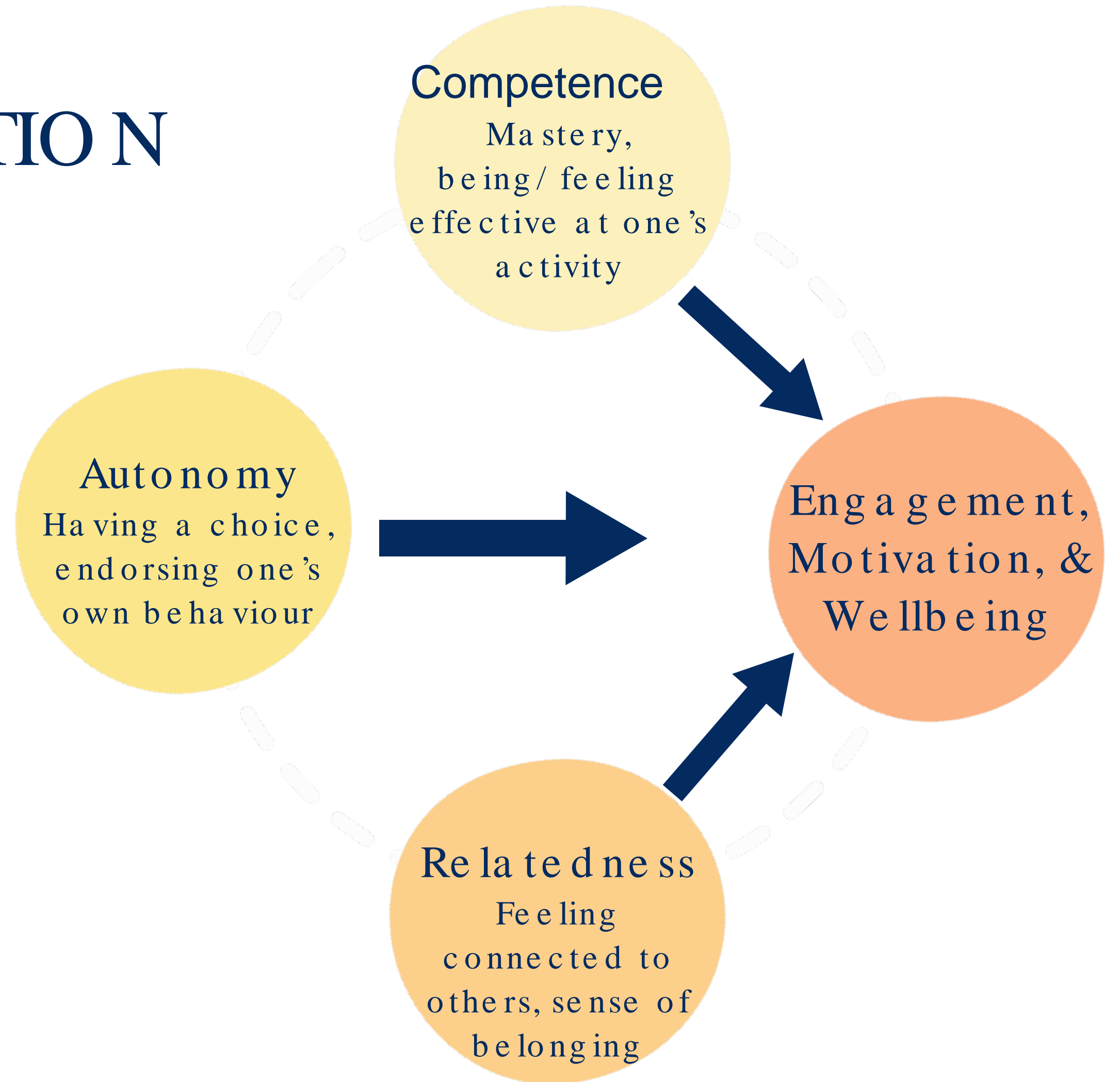
1. Form pairs.
2. Each person faces their partner and extends their pointer finger in front of them, about 30cm (12") from the end of their partner's finger.
3. On "GO," each person attempts to draw (in the air) every number in sequence from 1 to 15 as quickly as possible.
4. The first person to reach 15 is entitled to pump their fist into the air to proclaim a win.





SELF-DETERMINATION THEORY

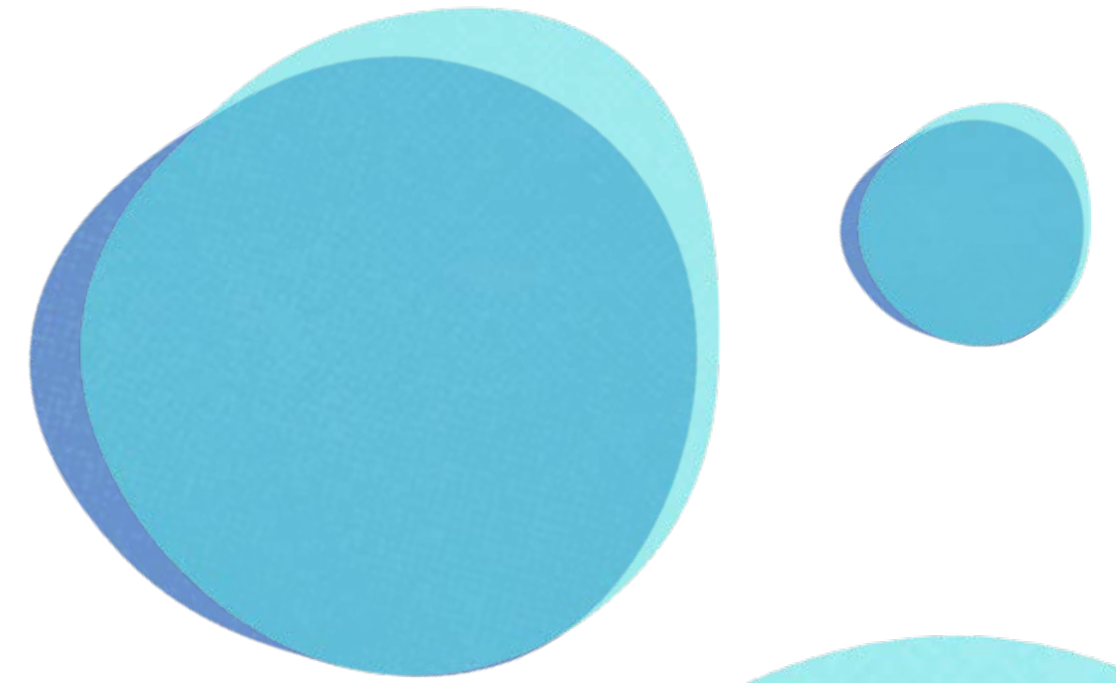
(Ryan & Deci, 2000)





Practical Tips

- Start small, go slow
- Build up circle stamina
- Teach the how & why of each element
- Build staff capacity & confidence





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**THANK YOU
& WE INVITE YOU TO
CONNECT WITH US**

