

ORANGE SHIRT DAY/NATIONAL DAY FOR TRUTH AND RECONCILIATION

TALKING/SHARING CIRCLES



Can you be a good listener?

Can you create a positive space?

Can you speak from the heart, be truthful and caring?

TRADITIONAL TALKING CIRCLES INCLUDED

*A blessing from an Elder • Special prayers • Sacred objects

*If an Elder not able to share in your circle,
you can still participate in a Sharing Circle.

HOW DOES A SHARING CIRCLE WORK?

Sit in a circle.

Your teacher will share the subject of the talking circle.

I feel ____ when ____ because ____.

Use the verbs **happy**, **mad**, **excited**, **sad**, **surprised**,
scared, **confused**, or **left out** to get started.

Don't comment negatively or positively on what someone else said.

Share how you feel about the subject.

Whoever holds the talking object is the only person who can speak. If
you aren't holding the talking object, you are listening.

You don't have to share if you don't want to.

You can say, "I pass."

Share a story, something that happened to you or your opinion.

Once everyone has had a turn to talk or pass,
the talking object can be passed
around again.