

# 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?

### HOW DOES A SHARING CIRCLE WORK?

Sit in a circle.

I feel \_\_\_\_\_ when \_\_\_\_\_ because \_\_\_\_\_ .

Listen when someone else is talking.

Share how you feel.

Whoever holds the talking object is the  
only person who can speak.

You don't have to share.

You can say, "I pass."

We are all equal.

We all belong.

