

Peer tool n°5: Proactive circle

Definition

A method that seeks to encourage connection between different participants and can be used in 'peacetime' (not conflict).

Empathic components

1. Observe others practice and practice in turn	****
Practice together to enter into emotional and cognitive empathy	****
3. Put emotions and thoughts into words and talk about them	****

Pedagogical objectives and empathic abilities

Possible objectives ✓ Pupils develop health skills according to their physical and mental well-being within different themes. ✓ Students interact respectfully and	Empathic abilities ✓ Working on safety in group ✓ Being able to speak openly ✓ Creating space to listen
constructively with others taking into account each other's boundaries	

Step by step

Session 50 min

Step 1:

Welcoming the participants.

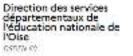
Step 2:

By choice: starting with an **energizer.**

Step 3:

Clarify the aim.















Step 4: 5 à 10 minuten

Explaining the agreements (you can make these agreements visual by projecting them or putting them down on paper in the circle).

Possible agreements:

- ✓ You get the word (i.e. only one person is speaking).
- ✓ You do not react to another participant's answer (no feedback).
- ✓ You speak from within ('I').
- ✓ You use positive (body) language.
- ✓ You answer concisely and forcefully (no anecdotes).
- ✓ You choose what to share and what not to share (you are responsible for your own privacy).
- ✓ You may pass.
- ✓ You may sit in the outer circle.
- ✓ What is said in the circle stays in the circle.

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Step 5:

Checking that **everyone** is willing to honour agreements.

Step 6: 30 minuten

- ✓ Ask a short, clear question.
- ✓ Asking who wants to start and passing the talking stick (depending on the age of the audience if you want to use it).
- ✓ Input from each participant briefly appreciate 'thank you'.
- ✓ Give passers-by a second chance.

Step 7:

Thank the group.

Requirements

A large classroom

Enough chairs to put in a circle (or two circles: an outer circle as well)
Appointments proactive circle project visually or make appointment card for each student

Clear questions depending on theme

Possible timing in a school year

Period	Theme
September	Who am I? Acquaintance
November/June	Dealing with stress (upcoming exam period)
January	Good intentions
April/May	Review of the school year



