

# 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                    | ★ ★ ★ ☆ ☆ |
| 2. 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  | Empathic abilities   |
|--|--|
| <ul style="list-style-type: none"> <li>✓ Pupils develop health skills according to their physical and mental well-being within different themes.</li> <li>✓ Students interact respectfully and constructively with others taking into account each other's boundaries</li> </ul> | <ul style="list-style-type: none"> <li>✓ Working on safety in group</li> <li>✓ Being able to speak openly</li> <li>✓ Creating space to listen</li> </ul> |

## 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.
- ✓

## 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                  |

