

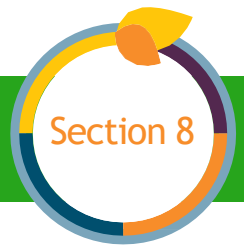
Parent & Caregiver



Circle Agenda


Circle Topic	CR Section 8: Wellness and Resilience Strategies		
<p>Planning</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Send out pre-read for Section 8 <input type="checkbox"/> Prepare materials for Session 8 <input type="checkbox"/> Write Maya Angelou quote on flipchart paper <input type="checkbox"/> Celebration treats (optional) 		
<p>Purpose of Circle</p>	<p>Today you will learn how to incorporate wellness and resilience strategies into our daily routines with a focus on:</p> <ol style="list-style-type: none"> 1. Shifting our perspective. 2. An appreciation for our competence and value. 3. How we work from a place of our values to support our family. 		
<p>Time/Materials/Preparation</p>	<p>Time: 90 minutes</p> <p>Materials:</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <input type="checkbox"/> Group agreements <input type="checkbox"/> Group values and family goals <input type="checkbox"/> Centerpiece <input type="checkbox"/> Talking piece <input type="checkbox"/> Fidgets <input type="checkbox"/> Flipchart paper with compassion resilience definition <input type="checkbox"/> Name tags </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <input type="checkbox"/> Notepaper <input type="checkbox"/> Pens <input type="checkbox"/> Flipchart paper with writing prompts for last activity <input type="checkbox"/> Handout: Content Review Visual, Wellness Compass Assessment </td> </tr> </table>	<ul style="list-style-type: none"> <input type="checkbox"/> Group agreements <input type="checkbox"/> Group values and family goals <input type="checkbox"/> Centerpiece <input type="checkbox"/> Talking piece <input type="checkbox"/> Fidgets <input type="checkbox"/> Flipchart paper with compassion resilience definition <input type="checkbox"/> Name tags 	<ul style="list-style-type: none"> <input type="checkbox"/> Notepaper <input type="checkbox"/> Pens <input type="checkbox"/> Flipchart paper with writing prompts for last activity <input type="checkbox"/> Handout: Content Review Visual, Wellness Compass Assessment
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Wellness and Resilience Strategies

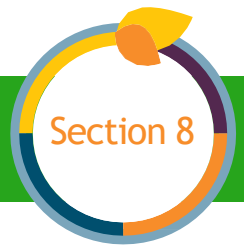


Circle Topic	CR Section 8: Wellness and Resilience Strategies
Time/Materials/Preparation	Preparation: Arrange chairs in a circle without furniture in the middle. Hang compassion resilience definition and opening quote on the wall. Have post-it notes, names of participants, and pens available for participants to use in preparation for closing activity.

Opening and Check-in (20 minutes)	<p>Share</p> <ul style="list-style-type: none"> • Welcome back! I invite everyone to get into a comfortable position with your eyes closed or looking towards the ground. We are going to take a moment to pause. Take a few slow breaths. <i>(Pause)</i> Name in your mind what you want to let go of to be present in this circle and your personal reason for being here. <i>(Pause for 10 seconds)</i> I invite you to bring your attention back to the circle. <p><i>“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” - Maya Angelou</i></p> <p>Ask</p> <ul style="list-style-type: none"> • (Go-around) What word in the quote stood out to you and why? <p>Share</p> <ul style="list-style-type: none"> • This is our last time together. We have covered a lot of topics over the last seven sessions. <p>Hand out review visual and briefly highlight what was discussed for each component, ending with the wellness practices which is what will be covered today.</p>
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<p>Guiding Questions (25 minutes - Exploring Our Perspective)</p> 	<p>Exploring our Perspective</p> <p>Share</p> <ul style="list-style-type: none"> • We are going to do an activity to explore our different perspectives on the same task. • In a moment I am going to ask you to get into pairs and try to come up with one activity that one of you finds nourishing but the other finds draining. Once you’ve found that activity, have the one who finds it nourishing share why they find it that way. Do this twice so both individuals get to find an activity that is nourishing and one that is draining. <i>Give participants roughly 5 minutes to complete this.</i> <p><i>Facilitator Tip: An example of this may be budgeting. One individual finds this nourishing while another finds it draining. The person that finds it nourishing enjoys being able to plan where to spend their money, putting money aside for things they enjoy and look forward to.</i></p>
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Wellness and Resilience Strategies



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<p>Guiding Questions (10 minutes - Reflection on Our Value)</p>	<p>Appreciative Inquiry - Individual Reflection on Our Value</p> <p>Share</p> <ul style="list-style-type: none"> The final area of wellness we are going to explore looks at life satisfaction. A contributor to our satisfaction is our awareness of our own value. <p>Hand out a piece of paper to each participant.</p> <p>Hang flipchart paper with questions below on a wall for group to see.</p> <p>Share</p> <ul style="list-style-type: none"> Considering your entire time as a parent, recall when you feel most alive, most involved, or most excited about your role as a parent. Write this answer on a piece of paper. As you reflect on your answer, write your answers to the following questions on the same paper. <p>Ask - for participant to answer on their own paper</p> <ul style="list-style-type: none"> What makes it an exciting experience? What gives it energy? What is it about you that contributes to the experience? What do you value the most about yourself - as a human being, a citizen, a parent? <p>Share</p> <ul style="list-style-type: none"> Taking time to recognize and honor our strengths is a helpful strategy in building our compassion resilience.
<p>Closing (10 minutes)</p>	<p>Have a few copies of the Wellness Compass Assessment available in case group members didn't get a copy during Section 2 and/or would like a second copy.</p> <p>Share</p> <ul style="list-style-type: none"> As we wrap up our wellness section today, I want to remind you of the Wellness Compass Assessment we shared with you during Section 2. This wellness compass incorporates what we discussed today and additional things to consider when it comes to your wellness. When you get a chance, take some time to review the assessment with the lens of exploring what you are doing well and look at what two or three things you'd like to try and improve moving forward.

Wellness and Resilience Strategies

Section 8

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<p data-bbox="121 384 269 485">Closing (10 minutes) <i>continued</i></p>  	<p data-bbox="456 384 505 411">Ask</p> <ul data-bbox="456 428 1377 575" style="list-style-type: none">• (Open mic) How has the wisdom from the group deepened your learning around compassion resilience?• (Go-around) What is one specific thing you will do following this group to build your compassion resilience? <p data-bbox="456 604 1487 772"><i>Facilitator Tip: In past groups, members have had interest in staying in touch with other group members. If you haven't asked already, you can ask the group if they'd like you to share everyone's contact information with the group (usually email), so they can stay in touch. If you offer this, let participants know they can talk with you privately if they'd wish for their information to not be shared with others.</i></p> <p data-bbox="456 806 529 833">Share</p> <ul data-bbox="456 850 1393 884" style="list-style-type: none">• Thank you for being part of our compassion resilience group these past eight sessions. <p data-bbox="456 911 1446 978"><i>Facilitator Tip: It can also be nice to mark the end of the group with a group photo and/or some food for the group to share either during group or after.</i></p>