

5 minute Circles - Opening question - Name, School, Years of Experience - favorite color and why.

1. Fist to 5 (Check in and share out. Find time for 1's and 2's.)

Ask students how they are feeling, by holding up a number with their fingers. "5" is the best. "1" is the worst. Ask for voluntary share outs. "Why are you a "4" today? Quietly check in with "1s" and "2s" when you can.

Other options: thumbs up/down, one to three word responses, greeting at the door (say their name).

2. When the Wind Blows

Start off with the statement, "When the wind blows, it blows for my friends who (watched "Black Panther.") Everyone who has watched the movie, would get up and change seats. They cannot move to the seat next to them, there has to be at least one chair between them. The last one to sit down starts the next "Wind blows" sentence. Repeat.

3. Would you Rather...

All participants stand. You will give them two options. Option 1 will go to one side of the room. Option 2 will go to the other side. "Would you rather eat a fried cricket or a rotten grape?" Repeat.

(Ex: food, best vacation, best weekend in Baltimore, screen time in a day.)

4. Four Corners with a share out

Choose a topic (better yet, let the students do it) that has 4 options. Each option is a corner of the room. Do you prefer Taco Bell, Burger King, Chick Fil-A, or Chipotle? This is a great mixer for community building or academic work. Have a follow up question for when they are in groups. For example... What was the coolest thing you did over winter break? What is your favorite MLK quote? Why?

(What is the value of x cubed, if $x = 2, 3, 4, 5$? - What is mitosis? Who is Greta Thunberg? If you were a bug, what bug would you be, and why? What famous person do you look like? etc...)

4 corners

- bottled water, tap water, flavored water, river water
- (Casual walk - 60 F) sweats, jeans, yoga pants, shorts
- (Superhero) Black Panther, Thor, Wonder Woman, Spiderman
- more.....

5. Photo projected, with a share out.

Post an intriguing photo and ask them what they see, and what grabs them and why.



6. Short video with a share out.

Same as the photo.

<https://www.youtube.com/watch?v=L49VXZwfup8>

7. Shout outs!

Compliments and affirmations. “Shout out to _____ for _____.” Repeat

8. Positivity activities (Visualization, 3 positive things)

a. Write down or verbally discuss the positive things going on in their lives.

b. Visualization activity.

9. News home page.

Post a page with multiple stories. Have 3 kids pick one and discuss it as a class.

10. Meditation

Pull up a 3- or 5-minute meditation video from YouTube. My kids preferred music only meditation... You would need a brief lesson on the “hows” and “whys” of meditation.

11. Thought question

Thought provoking question projected on board.
Quickwrite (or Quickthink), then discuss. You have
3-5 minutes to write anything you want.

- a. They say the world would end if the bugs of the world died. Why would this be?
- b. If the zombie apocalypse was upon us, and you had 5 days to live it up, what would you do and where would you go?
- c. ALM is true, but is divisive. Does the ALM viewpoint miss the point about the BLM movement?

12. Spoken Circle Story

Start with a basic prompt. There once was a petite man from Puerto Rico...

- a. Whole group: above
- b. Small group: The other day, I saw a cat and a dog on the roof of a neighbor's house.

13. Your turn - let's share!