



# Self-Care Circle

School and Classroom Climate

Teacher Well-being

This practice helps guide staff members through a reflection of the ways that they can (and do) practice various forms of self-care.

**Duration: 15-20 minutes**

## Instructions

*As keeper of the circle, you will welcome everyone to the circle, explain its purpose, and perform the opening and closing portions.*

- (1) Seat all participants in a circle and welcome everyone to the space. You might consider opening the circle with a question, a quote, or a mindfulness moment.
- (2) Share that the purpose of the circle is to encourage self-care in all domains and dimensions.
- (3) Use a talking piece that can be passed sequentially around the circle. Each person that receives the talking piece has the option to speak or pass.

## Why This Works

Self-care is a tool that educators can use to proactively maintain positive mental health. Over 40% of teachers report high feelings of stress every day during the school year. Self-care is one piece of the broader adult well-being puzzle.

## Goals

The goal of this strategy is to practice skills for self-reflection and personal goal-setting while building positive connections among staff members.

## Preparation

Arrange chairs in a circle; select a “talking piece” item that can be passed around the circle.



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### Instructions (Part II)

(4) Pose the below questions for each round before passing the talking piece.

- Round 1: Share something that has brought you joy and happiness recently.
- Round 2: Share some of your goals in terms of self-care practices.
- Round 3: What is most challenging to you in terms of self-care?
- Check-Out Round: What is something you learned during this circle?

(5) Close the circle with a brief quote or affirmation.

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### Implementation Tips

- Use this strategy during a staff meeting, retreat, PLC, or professional learning session.
- Depending on staff members' familiarity with circles and restorative practices, it may be helpful to review norms or basic guidelines (e.g., honoring the talk piece, actively listening, respecting the right to pass) before beginning.