

Step into the Circle

Contributed by Jessica Danforth and the Native Youth Sexual Health Network

Goal

- To show how much we do and do not have in common.

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

Family Studies

- *S1 5.1.3 Identify behaviours that promote health and wellness.*
- *S1 6.1.1 Discuss cultural components of near environment, e.g., church, community club, school.*

Guidance Education GLOs under Personal/Social Component.

Physical Education

- *K.4.S1.B.2a Identify communication skills and strategies that promote team/group dynamics.*
- *K.4.S2.A.1 Assess personal attributes and talents across a variety of domains, and assess how each contributes to self-esteem/self-confidence.*

Instructions

- Explain that you will ask a statement like “Step into the circle if...” and if what is said applies to them, they step into the circle. Tell them that they do not have to step into the circle if they do not want to let people know their answer to your statement.
- Note: Tailor questions around issues you want to discuss like, “Step into the circle if you have a strategy to deal with stress.” Then step out. Try a new statement like “Step into the circle if you enjoy spending time in the bush.” Then step out. Also, this activity can even be used as an evaluative tool by asking, “Step into the circle if you learned something new today, or step in to the circle if you will share something that you learned today with others.”