

Post Election Circle Discussion for Zoom

for classes, discussions, meetings, living spaces

to keep in mind:

- people are going to want to talk about it, so it's best to create a space for that
- have a plan and structure for your circle/discussion before you start
- time out the parts of the circle/discussion so you have time for an opening, community agreements, some guiding questions, and a closing
- make the goals and purpose of the circle/discussion clear
- facilitators can also participate in all parts of the circle/discussion
- on zoom, invite people to turn on their cameras, and name themselves with pronouns



Welcome and Check-in

Explain why you are gathering for this circle/discussion

Check-in question (for everyone). As each person answers the check-in question, they can call on the next person.

Sample check-in: ***Say your name in the way you like to be called, and describe your weather, what's a word that describes your weather right now? Be as creative as you like.***

For example: you're feeling sunny or stormy



Values and community agreements

Values and agreements help to create a space for people to listen with care and express themselves openly.

Values question: ***What's a value that's important for you when engaging in a difficult conversation?***

For example: respect, or openness

Have someone write up these values in the chat or a jamboard or other space, and then invite the group to give a thumbs up if they can agree to those values.

Community Agreements: ***These are behaviors for how we want to communicate with each other through this conversation.***

Sample community agreements to start with:

Let the other person finish speaking before you begin

Speak from your own experience, use I statements

Respect confidentiality: what's shared here stays here, what's learned here can leave here

Active Listening and Patience with Others

Be aware of Privilege and Positionality

Recognize we are all at different levels of learning

Let people add more agreements as needed, and then invite the group to agree to strive to uphold these agreements.



Guiding Questions

- Ask open-ended questions that invite people to talk about how they are impacted by events
- Instead of focusing on political views, focus on experiences of these times
- Put people into in break-out rooms to talk in pairs or small groups to invite more openness and then debrief
- If time allows, invite everyone to share out on at least one question
- Arrange the questions to invite people into a deep dive about their personal experiences and then to consider ideas of coping and resilience

Sample questions for a deep dive into impacts:

How are you impacted by what's happening right now?

What is something that is weighing on you right now?

What's been the hardest thing for you?

Who is someone you think about or would want to talk to in times like this?

Sample questions for focusing on coping and resilience, going forward

What's something you have learned about yourself in these difficult times?

What keeps you going when things get difficult?

How do you see yourself moving forward?

What's something you are taking away from this situation?

How do you imagine thinking back on yourself in this historical moment in 20 or 30 years?



Closing

- Thank everyone for their participation and engagement
- Closing round:

If there is more time for reflection, give everyone a chance to answer:

What's something that is resonating for you right now?

If you have less time, do a one-word check out:

Take a few deep breaths and a minute to think. What's one word that bubbles up for you about this experience?



**Restorative
Justice Center**
Berkeley

Please contact the Restorative Justice Center at rjcenterberkeley@gmail.com if you would like us to hold a post-election circle in your space.