

Connections Activity

Topic:	Comfort Circles
Connection Goal:	Personalization
Grade Level:	9-12
Month:	December
Time Needed:	25 minutes

Handouts/Materials Provided:

Two large jump ropes (to make a large circle)

One hula hoop (to make a small circle – place this in the center of the large circle)

Summary of Activity for the Advisor:

1. All participants stand outside of the large circle (jump ropes tied together) next to each other.
2. Advisor says, “**How comfortable are you...?**” and finishes this statement with an appropriate ending, such as “How comfortable are you swimming in the ocean?” or “...meeting new people?” or “...completing word problems?” or “...around spiders?”
3. Participants decide where their “comfort level” is with each statement, and then move themselves accordingly....
 - inside inner circle (hula hoop) – very comfortable
 - within large circle – somewhat comfortable
 - outside of large circle – not comfortable at all
4. After a short discussion of everyone’s movements, participants go back to the starting point and a new statement is presented by the advisor.

Read/Review/Discuss/Do with students:

- Discuss the movements within – or outside of - the circles. Were you surprised or interested by anything that you saw?
 - As a result of this activity, do you feel like you know each other a little bit better? Is there another participant who you feel you could talk with more easily now due to similar “comfort levels”?
 - Do you have any ideas for future “Comfort Circle” topics? (write a list)
 - Would you be interested in trying this activity again – with more personal or thought-provoking topics - later in the year?
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