



Overview of Facilitator Activity Guides

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**ONE CIRCLE
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Identity – Who I Am 10-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Bringing Myself to the Circle	Making and Decorating Journals, My House Activity, Journaling	Selection of Talking Pieces, Flipchart or Poster Paper, Markers, Art Supplies for Journal Decorating (e.g. colored pencils, brush tip markers, pens, stickers, construction paper, etc.) Journals, Soft Instrumental Music and Music player (optional)
2	What Does it Mean to be Me? Part 1	Autobiographical Poem, Autobiographical Collage, Journaling	Selection of magazines, Writing paper, Pens, Large construction or poster paper for collage-making (cardstock), Scissors, Glue, Music and Music Player, Journals
3	What Does it Mean to be Me? Part 2	Values Shaping Activity, Discussion: Defining our Values and Character, Journaling	Markers, Clothespins, Long string or thin rope, Tacks or pushpins, Journals, Journal Reflections
4	My Personal History	My Family Tree, My Personal Timeline, Journaling	Legal size or 11x14 size paper, Markers and crayons, Pencils or pens, Instrumental Music, Music Player, Journals
5	My Personality Style	Exploring our Personality Types, Personifying Our Styles, Journaling	Flipchart paper and markers, Journals
6	What is a Real Woman? Part 1	Pie of Influence, Discussion: Body Image, Beauty and Real Women, “Real Women Are...” Activity, Journaling	Paper, Pens or pencils, Flipchart paper or large piece of butcher paper, Masking Tape, Markers, Instrumental Soothing Music, Music Player
7	What is a Real Woman? Part 2	Evolution of the Modern Woman, Discussion: Balancing Women’s Work, Follow Your Dreams Activity, Guided Visualization, Drawing the Dream Spiral, Journaling	Flipchart paper, Markers, Masking Tape, Pastels or colored pencils, Paper, Soft, Instrumental Music, Music player, Journals, Evolution of the Modern Woman Cut-Out Cards
8	My Goals and Purpose	Defining My Personal Goals, Get up and GO-AL ! Activity, Aligning My Goals and Purpose, Dyad Reflections and Sharing, Journaling	Lively, Upbeat Music and Music Player, Journals
9	Expressing Myself through Song	Song About Me, How My Song Describes Me, Creating a Women’s Circle Theme Song, Journaling	CD or MP3 Player, Speakers if needed, Journals, Optional: A variety of musical instruments
10	Acceptance and Affirmation of Who I Am	Discussion: The Importance of Affirmations, Strengths Bombardment, Blazing Blizzard	Voice Recorder, Blank paper, Pens, Letter-size envelopes, Postage stamps



Relationships 10-Week Activity Guide

Week	Theme	Activity	Required Materials
1	Connecting with Each Other	Defining Relationships Activity, Relationship Acronyms, Journaling	Flip chart Paper and Markers, Journals for each woman, Paper, Crayons (or markers), Selection of Talking Pieces
2	Working and Professional Relationships	Proud Peacock Drawing, Discussion and Brainstorming, Dialoguing in Dyads, Role-playing Strengths and Attributes, Journaling	Flip chart paper and Markers, Colored pencils or crayons, Small Basket or Paper Bag, Journals
3	Relationships with Family	Relationship Circle Activity – Part 1, Guided Visualization, Journaling	CD or MP3 Player and soft, instrumental music for Guided Visualization, Journals
4	Our Friendships	Creating a Personal Ad for Ideal Friendships, Guided Discussion Relationship Circle Activity – Part 2, Journaling	Journals
5	Relationships Involving Intimacy – Part 1	Guided Discussion, Labeling Intimacy Activity, Journaling	Journals, Glue or clear tape
6	Relationships Involving Intimacy – Part 2	Sex Survey, Come the Dawn Poem, Journaling	4 Signs that say STRONGLY AGREE, AGREE, DISAGREE, and STRONGLY DISAGREE, 4 pieces of blank 8x11 paper, 1 dark marker, Journals
7	Healthy Relationships	Healthy/Unhealthy Relationships Activity, Guided Discussion, Power and Control Wheel, Journaling	Butcher Paper or Flip chart Paper, 2 Sets of Markers
8	Competition and Community	Sporcle Quizzes, Competition & Community, Superwoman Capes, Journaling	Butcher Paper, Markers, Ribbon or Yarn, Holepunch, Scissors (1), Journals
9	Supporting Each Other	Evaluating Stereotypes, Tower of Support, One Thing Pledge, Journaling	Blank wooden or plastic Blocks (10-15 blocks per participant are needed), Markers, Paper, Tape, Journals
10	Bringing it all Together: Thoughts, Feelings and Experiences about Relationships	Revisiting the Relationship Circle Diagram, A New View on Relationships, Web of Friendship, Journaling	Journals, 8x11 Paper, Crayons or markers, Ball of Yarn



Being A Well Woman 10-Week Activity Guide

Week	Theme	Activity	Required Materials
1	The Wellness Model	Wellness Inventory Collage: “The Picture of Wellness,” Journaling	Flip chart, Assorted magazines, butcher paper, Scissors, Markers, Glue, Talking piece, Journals or wire bound notebooks
2	Physical Wellness – Part 1	Journal Reflection, My Physical Wellness Pyramid – Log Sheet, Alcohol and Drugs: Myth or Fact Quiz, Prescription for Wellness	Pens or pencils
3	Physical Wellness – Part 2	Sexual Health Jeopardy Game, Discussion on Women’s Sexual Health, Reflections on Sexual Relationships, Journaling	Index cards, Markers, Tape, Scissors
4	Occupational/ Academic Wellness	Journal Reflection on Occupational Wellness, Reach for the STARS, Occupational Goals Activity, How Do You Spend Your Time, Letter to Self	Flip chart paper, markers, Pastels, Pens or pencils, Stationary, Envelopes
5	Financial Wellness	Discussion: Women’s Roles and Relationships with Money, What Would You Choose Activity, Money and Personal Values, Case Study – Kaitlyn’s Budget and Creating a Realistic Budget, Journaling	Pencils or pens, Magazines, newspapers, Flip chart or Butcher Paper, Glue, Scissors, Calculators
6	Intimate Relationship Wellness	Understanding Yourself, Relationship Characteristics, Journaling	Pencils or pens, Index cards, Dark Marker, Tape, Instrumental music (optional)
7	Emotional Wellness	Discussion, What’s on Your Plate? Activity, Emotional Wellness Plan, Relieving Stress Exercises, Journaling	Flip chart or butcher paper
8	Spiritual Wellness – Part 1	Word Association Exercise, Discussion: Exploring Spiritual Wellness, Guided Visualization, Mandala Making, Journaling	Butcher paper, Masking tape, Markers, Colored pencils or pastels, Posterboard or heavier weight paper, Scissors
9	Spiritual Wellness – Part 2	What Inspires You, Personal Vision Statement, Journaling	CD, MP3 or Tape Player
10	Reflections and Appreciations	Reflections on Wellness, Journaling on Gratitude, Creating Affirmation Boxes, Appreciation Ceremony	Music, Music player, Small boxes, Craft supplies (glitter, buttons, old jewelry, markers, paints, tissue paper, etc.,) Glue, Scissors, Pens, Thin ribbon, Basket, Pail