

**Adapted Activity 3 - Pair Storytelling**  
from The Girls Circle Activity Guide, **Friendship**



To All Our One Circle Facilitators

With these difficult times, One Circle Foundation wants to acknowledge you for the great work you continue to do with youth.

In an effort to make that a little easier for you, we are beginning to add Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and Boys Council sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We have begun adapting these activities so the youth can participate from the safety of their homes. These adaptations will be posted and made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include here an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described; however, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

**Girls Circle:**

Opening Ritual

Theme Introduction

Check-In

**Activity → ADAPTED**

Sharing of Activity

Closing Ritual

**The Council for Boys and Young Men:**

Opening Ritual

Theme Introduction

Warm-Up

Check-in

**Activity → ADAPTED**

Reflection

Closing Ritual

We welcome your suggestions and feedback as well as learning of any adapted or original activities you are doing online with the youth you serve. In fact, we invite our community members to share these activities with one another in this forum as well.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

## **Adapted Activity 3 - Pair Storytelling**

from The Girls Circle Activity Guide, **Friendship**

### **Topic: Being Included, Being Left Out**

Exploring feelings and ideas about inclusion and exclusion and how that affects friendships and other relationships.

### **Objectives:**

- To develop an understanding about the common feelings when one is included or excluded.
- To promote empathy and awareness of girls' feelings and experiences with the group.
- To explore behaviors that may increase inclusion or decrease alienation within the group.

### **Key Learning Points:**

- To help girls learn and practice refusal skills
- Learning skills for thinking under pressure
- Develop skills for dealing with difficult peer situations.
- Listening to and telling stories helps youth break through social barriers.

### **Procedure to Lead Activity:**

Let the girls know we will be doing an activity that will have them pair up with another participant in a breakout room.

1. Explain that the pairs will be determined by closest birthday's. Have the girls each type their month and day of birth in the chat box, i.e., March 18.
  
2. After pairs have been matched, explain that they will be going to a breakout room together for 10 minutes. Continue to explain: During the time together they will take turns telling each other about a time **when they were excluded from a group, and then about**

**a time when they were included in a group.** These may involve family groups, school or sports groups, religious or neighborhood groups, texting chat groups, or other virtual groups, and so on.

- Encourage them to describe what they felt about those times. Ask each one to listen attentively, without interrupting, while their partner tells her story, and watch for similarities and differences.
- You will type what they will be sharing with each other in the chat box (*telling each other about a time when they were excluded from a group, and then about a time when they were included in a group.* ) so they can refer to it if needed.
- You will send them a prompt when they have 2 minutes to complete their turns before the end of the breakout session they will return to the large group.
- Say, “Okay, so in a moment you’ll be going into pairs. How much time will you have for this activity? [They can answer or write in the chat - 10 minutes’.] YES, 10 minutes! And what will the 2 minute prompt mean that I send you? [They can answer aloud or write in chat - ‘we have 2 minutes to complete the activity.’] YES, the 2 minute prompt will mean you have 2 minutes to complete the pair sharing activity.
- Ready? Here you go into your break out pairs! [Break them into pairs.]

Once the girls return to the large group thank everyone for sharing their stories with each other.

### **Sharing of Activity:**

Invite the girls to tell the group something they realized or learned by hearing and telling their stories. Ask the girls to raise their hand if they would like to share. Once each girl has an opportunity to share ask the girls the following questions:

- What was it like telling your stories? Which was easier, telling a story about being included or excluded?
- What was similar or different with the experiences you shared with your partner?

- How will this experience of hearing one another's stories affect your actions with your classmates or other group members?
- In what ways do you think being a part of a group is important?

### **Reflection Questions:**

Use all or any number of the following questions as useful for your circle participants.

1. What are some useful thoughts people might have if they do feel left out of a group?  
*Invite the girls to share their thoughts.*
2. What are some strategies for people in groups -whether in person or online/on phones - who do not want to leave others out? *Invite the girls to share their thoughts.*
3. Sometimes people leave someone out of a group or a chat because that person's behavior has been hurtful. In this situation, before leaving someone out, is there another step people can take to help keep things emotionally safer in a group? *Invite participants to share their thoughts or experience with something that they have done or seen that has been helpful.*
4. How can this group benefit from generally including everyone? *Invite the girls to share their thoughts.*

**Application Question:** Have each girl share one thing they can do this coming week to reach out and include someone who may feel excluded from a group you are in?