

TIPS FOR FACILITATORS

HOW TO ADAPT ONE CIRCLE FOUNDATION ACTIVITIES FROM IN-PERSON TO ONLINE DELIVERY

The creative and experiential activities presented in One Circle Foundation Activity Guides are written for facilitators and participants to be in live, in-person settings. During the pandemic there has been a need to move in-person groups to online platforms. In an effort to make this transition easier for circle and council facilitators, OCF began providing free, online-adapted activities from some of our curricula in the Virtual Solutions section of our website at onecirclefoundation.org/virtual-activities

This document will further One Circle Foundation's support effort by providing facilitators the concepts and tools to be able to adapt the entire circle model, including the activities, from in-person to online settings.

Below are suggestions for how to facilitate each of the model steps in an online setting.

OPENING RITUAL

- Ring a bell
- Have each participant say "one word" about how they are feeling and they can expound on that during check-in
- Play a song
- Share a special reading
- Have each participant choose a color, weather, or animal that matches their emotion and share why

As the facilitator you can share verbally, use chat, reactions, or the whiteboard to enhance the opening ritual experience.

THEME INTRODUCTION

Theme introduction is presented verbally by the facilitators as it is during in-person groups, sharing what the topic of the group will be.

WARM-UP

- There are 12 online warm-up activities available at onecirclefoundation.org/virtual-activities. We encourage you to use these, and read through them for inspiration to create your own.
- Engage the participants, ask them for suggestions for next week's warm-up.
- Ideas: verbal rhyme games, riddles, tongue twisters, mirror dance, one song YouTube video dance lessons, etc.

- Utilize music, the chat, reactions, the whiteboard, share screen. You have a lot of tools at your disposal to shake it up!
- There are other websites that provide online warm-up activities, just Google “online warm up activities for students”!

CHECK-IN

The facilitator asks all participants to switch view to Speaker View and mute when not sharing. This way the person sharing will be the focus on each person's screen. The facilitator lists the participants' names in numbered order in the chat. Participants will go in order listed in the chat, unmute and do their check-in.

ACTIVITY – VERBAL

The verbal activity is designed for the facilitator to ask questions and engage youth in a discussion. The verbal activity will be facilitated as it is stated in the in-person session. The facilitator will ask a question and can have the participants respond by:

- Raising their hand using reactions
- Raising their actual hand on screen
- Respond using the chat
- Respond verbally popcorn style

Remember the participants may have limits to confidentiality if they are participating in their homes. It is important that the participants have “voice and choice” in how they respond.

ACTIVITY – EXPERIENTIAL

There are many experiential activities that can be adapted for online delivery. Activities that involve music, movement, art, writing, or role-plays are all activities that can be adapted. If you as the facilitator have the ability there are some tips on providing the participants with the supplies they need prior to the group:

- The week prior to the group email or text the participants the materials or supplies they will need for the group.
- Prior to the group place the materials needed for the group in individual envelopes and drop the materials off at each participant's home or mail them.
- Adapt your activities using common materials or supplies that are generally found in a home.
- As the facilitator, you can share materials using your share screen

Some tips for adapting experiential activities include:

- If the activity requires participants to work in small groups, the facilitator can use small break out rooms
- Remind participants to have their materials prior to starting the activity
- Provide the participants multiple ways to participate, give them a choice to respond using chat if they are not comfortable verbally responding. They can do a direct message just to the facilitator or to everyone. Ask if they would like you to share their direct message anonymously to the rest of the participants.

In addition to adapting your own activities, access the online adapted activities provided by One Circle Foundation at onecirclefoundation.org/virtual-activities

REFLECTION

This is an opportunity for the participants to share their experiences. If the activity they are reflecting on was creative, the participants can hold what they created up to the screen and share. If verbal, then follow the tips from *Activity – Verbal* section. The application question can be handled like the check-in, using the same name order for sharing one at a time.

CLOSING RITUAL

The suggestions in the Opening Ritual section apply here. Additional closing ritual suggestions:

- Each participant states a positive word about themselves and/or others in the group
- All say the same meaningful phrase together at the same time
- Bow their heads in honor and gratitude of each other

One Circle Foundation is committed to supporting facilitators of circle and council groups both in-person and online. Visit <https://onecirclefoundation.org/support> to access monthly facilitator support meetings, virtual solutions, grant writer's template, and more.

We welcome your suggestions and feedback. Be safe and continue to reach out for support.