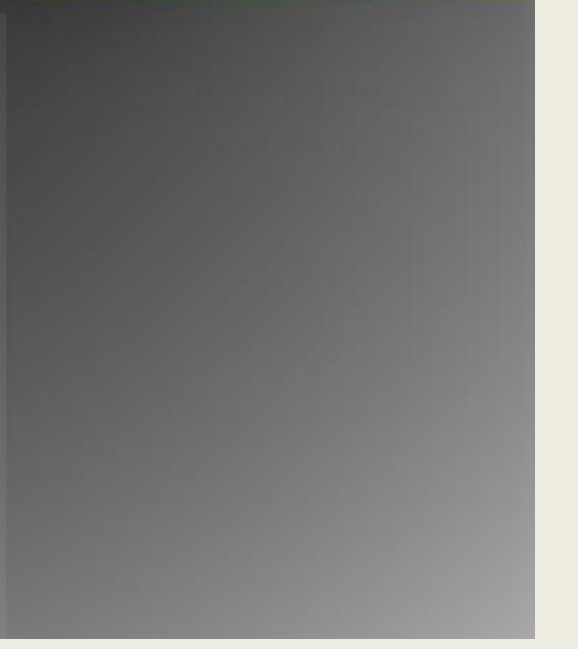
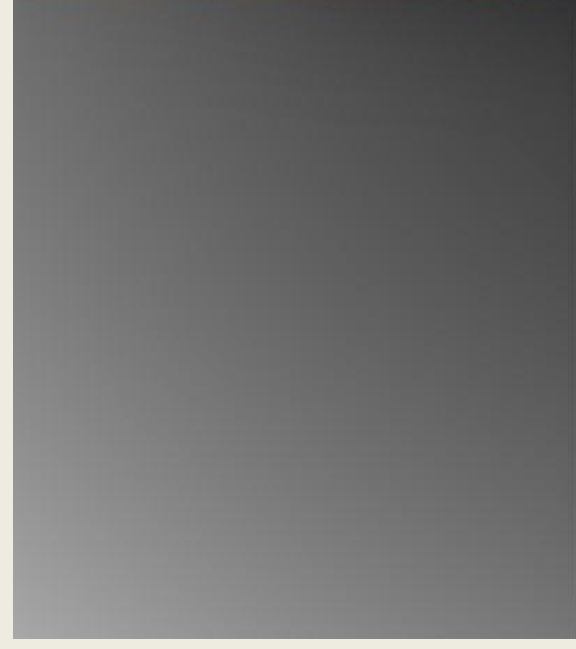


THANK YOU!!!

SAN DIEGO  
TRAUMA INFORMED  
GUIDE TEAM





# CIRCLE FORMAT

Opening Songs

Icebreaker

Community Agreements

Check In

Guiding Questions

Mindful Movement

Checkout



# COMMUNITY AGREEMENTS

Speak from  
the heart



No need to  
rehearse



Listen from  
the heart



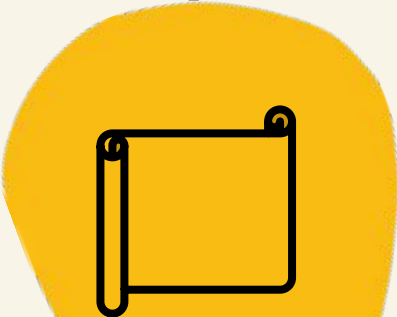
Say just enough



Respect the  
"talking piece"



Honor privacy



What other  
agreements  
do we want?



What other  
agreements  
do we want?






## YOU'LL REALLY LIKE ME:

(1)

I'm sure that  
when you get to know me,  
you will really, really like me.  
Yes, when you get to know me  
I just know you're gonna like me.

(2)

I'm sure that  
when I get to know you,  
I will really, really like you.  
Yes, when I get to know you,  
I just know I'm gonna like you.





## CUANDO TE CONOZCA:

(1)

Estoy seguro que  
cuando me conozcas  
Realmente te voy a gustar mucho.  
Si cuando me conoces  
Solo sé que te voy a gustar.

(2)

Estoy seguro que  
cuando te conozca  
Realmente me gustarás mucho.  
Sí, cuando te conozco,  
Solo sé que me gustarás



# ICEBREAKER: I LOVE MY SQUAD

## Step 1

Everyone has their video turned OFF and is listening to the speaker.

The speaker says “I LOVE MY SQUAD WHO (fill in the blank)...”

## Step 2

Everyone who has a similarity to the speaker turns their video ON, and smiles at the other people on the other side of the screen.

## Step 3

The speaker chooses a new person to take a turn, and everyone else turns their video OFF once again.

Repeat Steps 1-3

# CHECK IN



Share your name.

Describe how you are feeling with a sound and/or movement.

# GUIDING QUESTIONS

What things do you want to talk about in this group?

What topics are important to you right now?

What is one thing you are looking forward to this summer?



# CHECKOUT

Describe how you are feeling with a sound and/or movement.



# EXIT TICKET

Next time we are together we will play a game called "*Two Truths & a Wish*" before the next time we meet think of two truths and one wish to tell the group... we will have to guess which is your wish!





# LEMONS INTO LEMONADE:



## CHORUS:

Lemons into lemonade, (clap, clap)  
 Lemons into lemonade, (clap, clap)  
 Lemons into lemonade, (clap, clap)  
 Lemons into lemonade! (clap, clap)

I can turn lemons into lemonade,  
 You can turn lemons into lemonade,  
 We all can turn lemons into lemonade,  
 So let's turn lemons into lemonade!

## (1)

Sometimes life hands us a lemon,  
 we don't like at all what's come our way.  
 We may feel we've no control over what's going  
 to be,  
 It may seem we don't even have a say.

It's best to sit right down and figure out  
 what can be changed and what cannot, and  
 accept and make the best of what we cannot  
 change,  
 and work hard to change what we can!

## CHORUS:

Yes, we turn our lemons into lemonade,  
 We turn our lemons into lemonade,  
 We turn our lemons into lemonade,  
 We turn our lemons into lemonade.

## (2)

Though we don't have it in our power  
 to order the whole universe, I see  
 we can work to make our little corner of it  
 the best that it can be.

Sometimes I want to give up and say,  
 "Poor me!  
 I guess this is how my life's going to be!"  
 Or I may blame others for the fix I'm in;  
 that's just a waste of my energy!

## CHORUS:

But I turn my lemons into lemonade,  
 I turn my lemons into lemonade,  
 I turn my lemons into lemonade,  
 I turn my lemons into lemonade.

## (3)

There are lots of lemons life hands us, and  
 each one of us has to decide  
 if we'll take each lemon and sit there  
 puckered up or just take it in stride!  
 So, if you move away from all your friends,  
 your parents get divorced,  
 your dog runs away and you're feeling way  
 off course,  
 tune in to your feelings and think it through;  
 make the bitter better make a dream come  
 true!

**TAKE THOSE SOUR LEMONS, AND YOU  
 CAN MAKE SOME SWEET LEMONADE!**

**REPEAT FIRST CHORUS (ALL 8 LINES),  
 THEN END WITH**

Lemons into lemonade, (clap, clap)  
 Lemons into lemonade, (clap, clap)  
 Lemons into lemonade, (clap, clap)  
 Lemons into lemonade! (clap, clap)



# LIMONES EN LIMONADA:

## CORO:

Limonas en limonada, (aplaudir, aplaudir)

Limonas en limonada, (aplaudir, aplaudir)

Limonas en limonada, (aplaudir, aplaudir)

¡Limonas en limonada! (aplaudir)

Puedo convertir limonas en limonada,

Puedes convertir limonas en limonada,

Todos podemos convertir limonas en limonada,

¡Así que convirtamos los limonas en limonada!

## (1)

A veces la vida nos da un limón,  
no nos gusta para nada lo que viene en nuestro camino.  
Podemos sentir que no tenemos control sobre lo que será,  
Puede parecer que ni siquiera tenemos algo que decir.

Es mejor sentarse y descubrir  
qué se puede cambiar y qué no,  
aceptar y hacer lo mejor de lo que no podemos cambiar,  
¡y trabaje duro para cambiar lo que podamos!

## CORO:

Sí, convertimos nuestros limonas en limonada,

Convertimos nuestros limonas en limonada,

Convertimos nuestros limonas en limonada,

Convertimos nuestros limonas en limonada.

## (2)

Aunque no tenemos el poder  
para ordenar todo el universo, veo que  
podemos trabajar para hacer nuestro pequeño rincón  
Lo mejor que puede ser.

A veces quiero rendirme y decir: "¡Pobre de mí!  
¡Supongo que así será mi vida! "  
O puedo culpar a otros por la problema en el que estoy;  
eso es solo un desperdicio de mi energía!

## CORO:

Pero convierto mis limonas en limonada,

Convierto mis limonas en limonada

Convierto mis limonas en limonada

Convierto mis limonas en limonada

## (3)

Hay muchos limonas que la vida nos da, y cada uno de  
nosotros tiene que decidir  
si tomamos cada limón y nos sentamos arrugados o  
simplemente lo tomamos con calma!

Entonces, si te alejas de todos tus amigos, tus padres se  
divorcian,  
tu perro se escapa y te sientes fuera de curso,  
sintoniza tus sentimientos y piénsalo bien;

Haz que lo amargo sea mejor ¡Haz realidad un sueño!  
¡TOMA AQUELLOS LIMONES Y PUEDES HACER ALGUNA  
DULCE LIMONADA!

REPITA EL PRIMER CORO (TODAS LAS 8 LÍNEAS),  
LUEGO TERMINA CON

Limonas en limonada, (aplaudir, aplaudir)

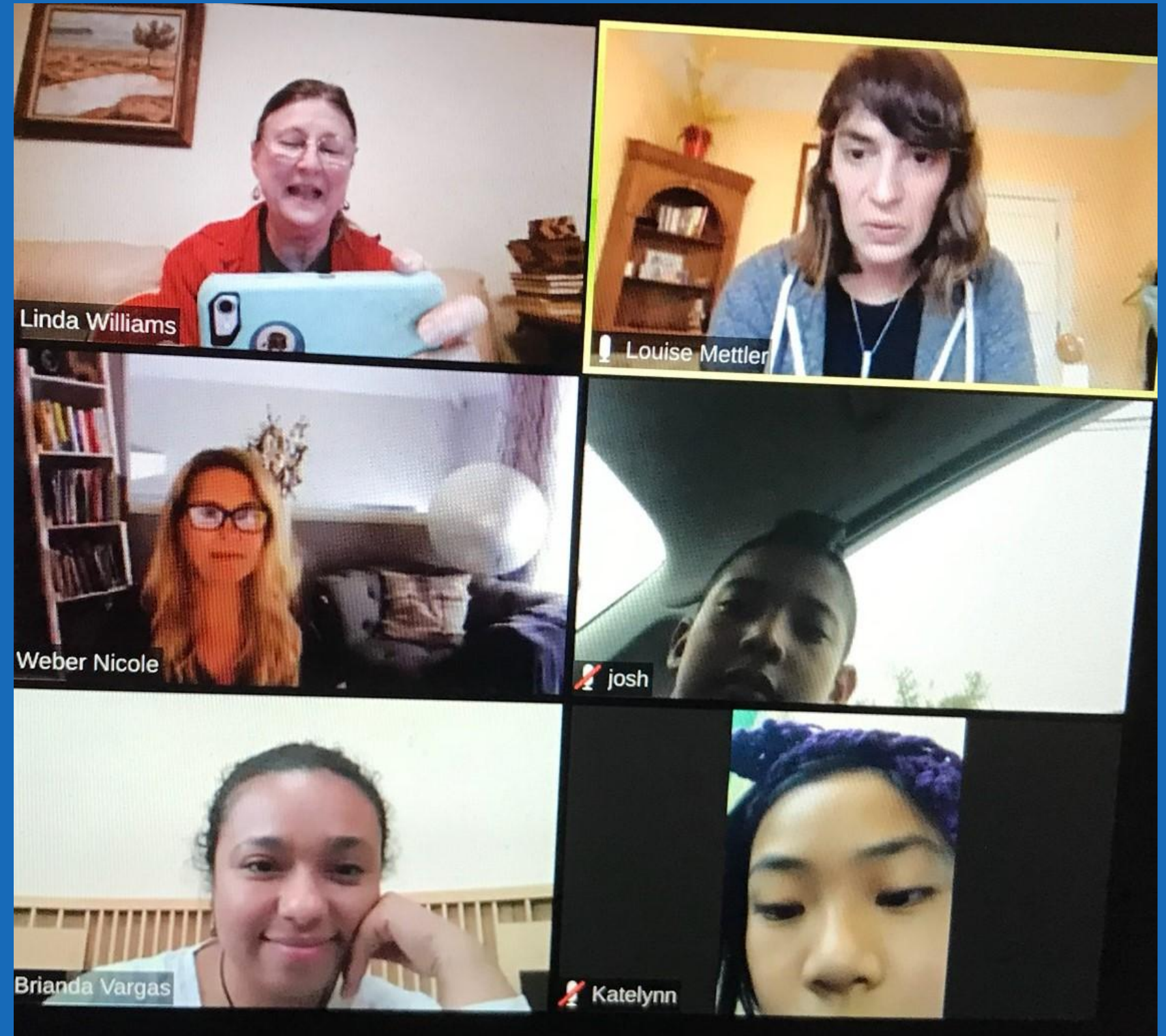
Limonas en limonada, (aplaudir, aplaudir)

Limonas en limonada, (aplaudir, aplaudir)

¡Limonas en limonada! (aplaudir)

# TWO TRUTHS & A WISH

Each person says **two** true statements and a dream or **wish** – something that is not true but the player **wishes** it was. For example, a person who has never flown in an airplane might say, “I frequently fly in an airplane to see my family and friends.”



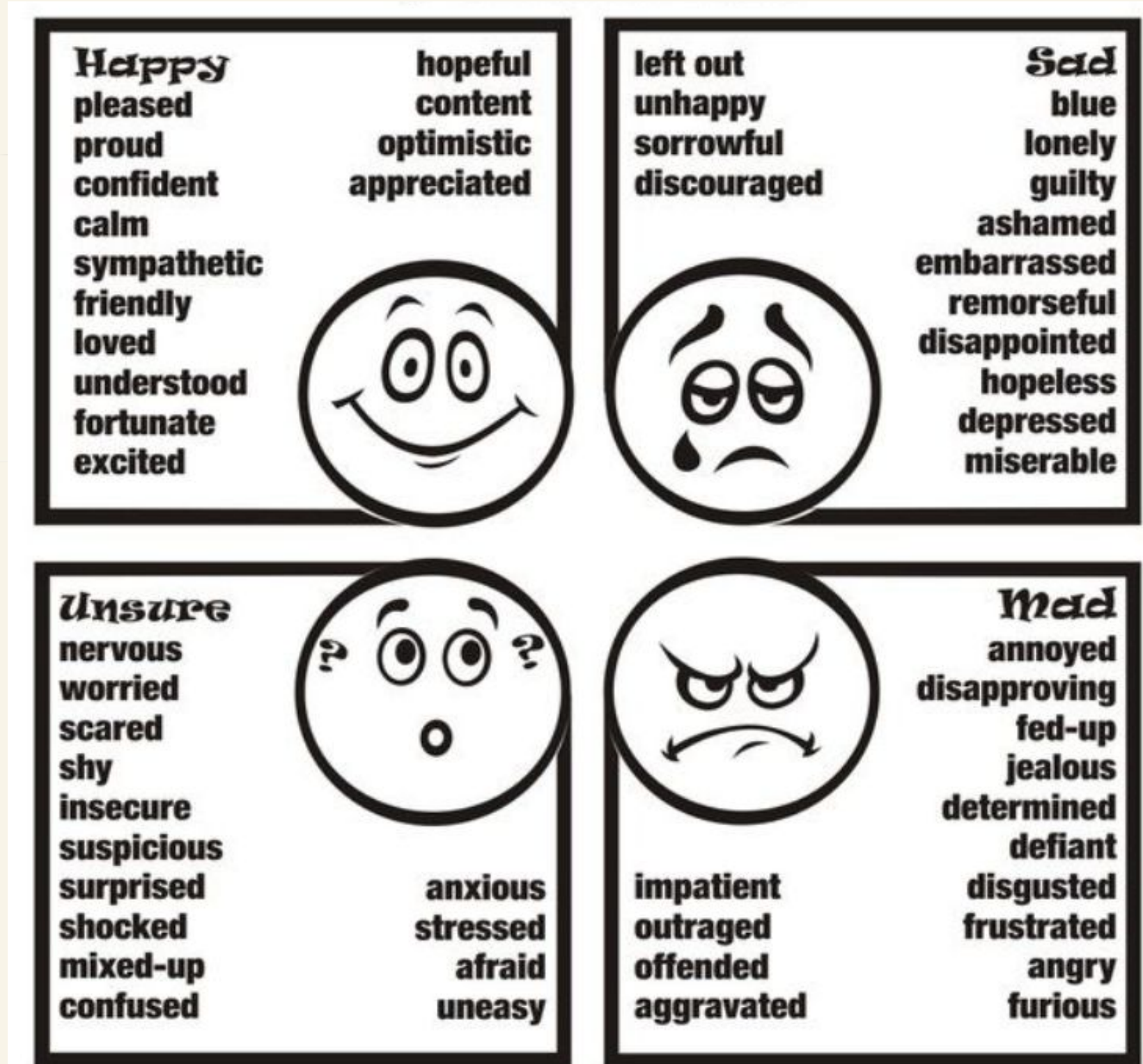
# CHECK IN

What lemons are present in your life at the moment? What lemonade is present for you too?

## GUIDING QUESTIONS

What is your favorite book, song, or movie and why?

What does respect mean to you? How does it feel when you are respected? How does it feel when you are not respected?



# CHECKOUT

Share one - three words that describe how you are feeling right now?



# EXIT TICKET

Next Monday, please bring an object that is important or significant to you. Next time we are together, we will have everyone show & tell about what they bring.

# DEALING WITH FEELINGS:

## CHORUS; PART A:

I'm dealing with my feelings. Whatever they may be, I will respect and own them; they're a special part of me. I'm honest with myself about how I feel---and why; 'cause dealing with my feelings is important for a healthy life!

BRIDGE: But sometimes I don't understand just what it is I feel...

## CHORUS, PART B:

So, I'll look inside myself and see if I can puzzle it out; often, special people can help me talk it out. Sometimes I'll draw or paint or write about what I feel---and it helps when I can call my feelings by name; that helps me deal...with...them.....

## FEELINGS VERSES:

Maybe it's ANGER--- "I'm so ANGRY, I could just explode!" or DISAPPOINTMENT--- "I'm DISAPPOINTED that didn't work out."

Maybe SADNESS--- "I'm so SAD---I'm gonna cry!" or EMBARRASSMENT--- "I'm so EMBARRASSED, I want to hide!" maybe FEAR--- "I'm so AFRAID; I'm really SCARED!" Or FRUSTRATION--- "I'm so FRUSTRATED--- nothing's going right!"

Maybe CONFUSION--- "I'm so CONFUSED---I don't know what to think or do!" or JEALOUSY--- "I'm really JEALOUS---I wish that were me!"  
CHORUS

## VARIATION OF PART B:

Yes, I looked inside myself and I was able to puzzle it out; also, special people really helped me talk it out. I drew a picture and wrote a bit about what I was feeling--- and it helped for me to call my feelings by name; that helped me deal...with...them.....

## CHORUS; PART A:

Yes, I'm dealing with my feelings. Whatever they may be, I will respect and own them; they're a special part of me. I'm honest with myself about how I feel---and why; 'cause dealing with my feelings is important for a healthy life! Yes, dealing with my feelings is important for a healthy life!

# SHOW & TELL

Share an object that is important or significant to you, and tell about what you brought.



# DEALING WITH FEELINGS...

*especially in these challenging times!*

offered by Linda K. Williams 4-28-20 LKW\_BetterWorld@yahoo.com

## 1. **Identify**, own, and respect your feelings!

Hard to name your feelings? Maybe this can help; here's a list of 353 Feelings Words -- did we miss any?

<https://lkwbetterworld.files.wordpress.com/2015/06/ws-feelings-words-2-p-w-c-from-l-s-gr-6.pdf>

## 2. **Talk** about your feelings -- express yourself!

3. **Write** about your feelings... maybe in a daily journal, or just whenever / however.

4. **Draw** about your feelings -- and/or use collage, paint, clay or some other media.

5. **Exercise!** Outdoors when possible/ allowed -- regular indoors work-outs, too

## 6. **Relax** / **do deep breathing** / **visualize** ...

7. **"Green Time"** -- Time spent with plants -- out in nature whenever possible, also indoors with houseplants and/or growing plants from seeds -- has proven helpful in many ways!

8. Last but NOT least --- **MUSIC** can energize, encourage, calm, comfort, uplift, and bring us joy!

\* **Listen** to music... \* **Dance!** \* **Exercise** to music!

\* **Sing** your favorite songs...

\* **Play** a musical instrument (including "drumming" on whatever!)

\* **Write** your own songs!

# GUIDING QUESTIONS

Tell us about a time when you have felt embarrassed, angry, disappointed, sad, frustrated. Have you ever tried any of these strategies to deal with your feelings?

Which ones seem like they would work best for you?

## CHECKOUT

What tool from the Dealing with Feelings toolkit do you want to try out this week, or are there any tools that Ms. Linda can add to the toolbox?

And, these songs may help -- set for free download!

\* It's OK to Feel --- <https://betterworld.bandcamp.com/track/its-ok-to-feel>

LYRICS: [http://www.betterworld-resources.com/images/BetterWorld/Documents/CDK-Conflict\\_Management.pdf](http://www.betterworld-resources.com/images/BetterWorld/Documents/CDK-Conflict_Management.pdf)

\* I'm Dealing with my Feelings --- <https://betterworld.bandcamp.com/track/im-dealing-with-my-feelings>

LYRICS: [http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring\\_and\\_Sharing.pdf](http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring_and_Sharing.pdf)

\* Little Bits of Beauty --- <https://betterworld.bandcamp.com/track/little-bits-of-beauty>

LYRICS: Song #5 in

[http://www.betterworld-resources.com/images/BetterWorld/Documents/Way\\_to\\_Go-For\\_Positive\\_Youth.pdf](http://www.betterworld-resources.com/images/BetterWorld/Documents/Way_to_Go-For_Positive_Youth.pdf)

\* Lemons into Lemonade --- <https://betterworld.bandcamp.com/track/lemons-into-lemonade>

LYRICS: Song #4 in <http://www.betterworld-resources.com/images/B>

## EXIT TICKET



# IT'S OKAY TO FEEL:

(1)  
It's OK... (Yes, it's all right.)  
to feel angry, (Y'know, I get so mad!)

And it's OK... (Don'tcha know, it's all  
right!)

to feel sad. (You can cry---it may  
help.)

And it's OK... (And really normal, too...)  
to feel scared, or jealous, or blue,

But it's not OK  
to hurt someone  
because of how you feel!

No, it's not OK... (No, it's never OK!)  
to hurt someone...(Use your  
self-control!)  
because of how you feel!

(2)  
When I used to feel... (like we all often  
do)  
uncomfortable feelings, (like anger or  
fear)

I tried to pretend...('Cause those feelings  
scared me!)  
that everything was just fine; (but it  
wasn't---not at all)

But then I found...(with my tummy tied in  
knots)I took it out on family and friends!

So now I take that anger  
and turn it into energy  
to do someone some good!

Now I take that anger  
and turn it into energy  
to do someone some good!

(3)  
Some people may say, (Yes, some may say...)  
"Oh, don't be angry." ("Don't get so  
mad!")

And some may say, (They may also say...)  
"Oh, you mustn't be sad." ("Keep those  
tears inside!")

I've heard others say, (And others may  
say...)

"You shouldn't be scared or jealous  
---what's wrong with you?"

But my feelings are mine,  
I've got a right to feel 'em,  
And I can't just wish them away.

Yes, my feelings are mine,  
I've got a right to feel 'em,  
And I can't just wish them away.

REPEAT VERSE 1 BEGINNING WITH "YES..."

# ESTÁ BIEN SENTIR:

(1)

Está bien ... (Sí, está bien).  
sentirse enojado, (¡Ya sabes, me enojo mucho!)  
Y está bien ... (¡No lo sabes, está bien!)  
sentirse triste (Puedes llorar --- puede ayudar).  
Y está bien ... (Y realmente normal también ...)  
sentirse asustado, celoso o triste  
Pero no está bien  
lastimar a alguien  
por cómo te sientes!  
No, no está bien ... (¡No, nunca está bien!)  
lastimar a alguien ... (¡Usa tu autocontrol!)  
Por lo que sientes!

(2)

Cuando solía sentir ... (como todos lo  
hacemos a menudo)  
sentimientos incómodos (como ira o miedo)  
Traté de fingir ... (¡Porque esos sentimientos  
me asustaron!)  
que todo estaba bien; (pero no lo fue --- en  
absoluto)  
Pero luego encontré ... (con mi estomago  
atado en nudos)  
¡Lo llevé a familiares y amigos!  
Entonces ahora tomo esa ira  
y la convierto en energía para  
hacer algo bueno así alguien!  
Ahora tomo esa ira  
y la convierto en energía para  
hacer algo bueno así alguien!

3)

Algunas personas pueden decir, (Sí, algunas  
pueden decir ...)  
"Oh, no te enfades". ("¡No te enojas tanto!"  
Y algunos pueden decir, (También pueden decir  
...)  
"Oh, no debes estar triste". ("¡Guarda esas  
lágrimas adentro!")  
He escuchado a otros decir, (Y otros pueden  
decir ...)  
"No deberías estar asustado o celoso  
---¿qué sucede contigo?"  
Pero mis sentimientos son míos  
Tengo derecho a sentirlos  
Y no puedo simplemente desearles que se  
vayan.  
Sí, mis sentimientos son míos  
Tengo derecho a sentirlos  
Y no puedo simplemente desearles que se  
vayan.

(REPITA VERSO 1, COMIENZA CON "SÍ ...")

# SHOW & TELL

Share an object that is important or significant to you, and tell about what you brought, and tell us how you feel when you are thinking about or holding your object.



# DEALING WITH FEELINGS...

*especially in these challenging times!*

offered by Linda K. Williams 4-28-20 LKW\_BetterWorld@yahoo.com

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Hard to name your feelings? Maybe this can help; here's a list of 353 Feelings Words -- did we miss any?

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## 4. **Draw** about your feelings -- and/or use collage, paint, clay or some other media.

## 5. **Exercise!** Outdoors when possible/ allowed -- regular indoors work-outs, too

## 6. **Relax / do deep breathing / visualize ...**

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\* **Sing** your favorite songs...

\* **Play** a musical instrument (including "drumming" on whatever!)...

\* **Write** your own songs!

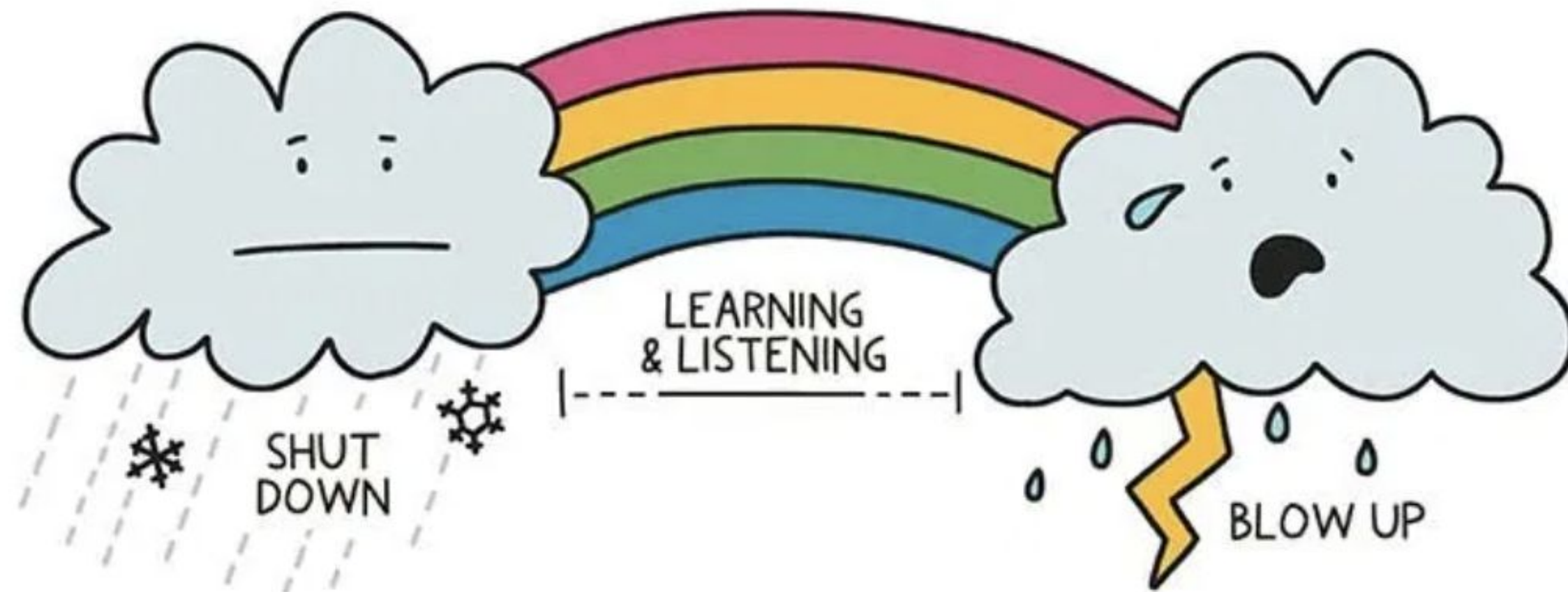
**Yoga & Meditation**

IT'S NORMAL TO HAVE A SMALLER

# WINDOW OF TOLERANCE

DURING STRESSFUL TIMES

@LINDSAYBRAMAN



# GUIDING QUESTIONS

Where in your body do you feel the mad feelings listed here?

What tools have worked for you to get back to your rainbow?



# GUIDING QUESTIONS

Where in your body do you feel the sad feelings listed here?

What tools have worked for you to get back to your rainbow?

**left out**  
**unhappy**  
**sorrowful**  
**discouraged**

**Sad**  
**blue**  
**lonely**  
**guilty**  
**ashamed**  
**embarrassed**  
**remorseful**  
**disappointed**  
**hopeless**  
**depressed**  
**miserable**



# GUIDING QUESTIONS

Where in your body do you feel the happy feelings listed here?

What makes you feel happy?

**Happy**  
pleased  
proud  
confident  
calm  
sympathetic  
friendly  
loved  
understood  
fortunate  
excited

**hopeful**  
**content**  
**optimistic**  
**appreciated**





# CHECKOUT

What do you plan to do this week to stay within your rainbow?

# EXIT TICKET

And, these songs may help -- set for free download!

- \* **It's OK to Feel** --- <https://betterworld.bandcamp.com/track/its-ok-to-feel>  
LYRICS: [http://www.betterworld-resources.com/images/BetterWorld/Documents/CDK-Conflict\\_Management.pdf](http://www.betterworld-resources.com/images/BetterWorld/Documents/CDK-Conflict_Management.pdf)
- \* **I'm Dealing with my Feelings** --- <https://betterworld.bandcamp.com/track/im-dealing-with-my-feelings>  
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- \* **Little Bits of Beauty** --- <https://betterworld.bandcamp.com/track/little-bits-of-beauty>  
LYRICS: Song #5 in [http://www.betterworld-resources.com/images/BetterWorld/Documents/Way\\_to\\_Go-For\\_Positive\\_Youth.pdf](http://www.betterworld-resources.com/images/BetterWorld/Documents/Way_to_Go-For_Positive_Youth.pdf)
- \* **Lemons into Lemonade** --- <https://betterworld.bandcamp.com/track/lemons-into-lemonade>  
LYRICS: Song #4 in <http://www.betterworld-resources.com/images/B>

5

# LITTLE BITS OF BEAUTY:

(1)

I see little bits of beauty everywhere I chance to  
rest my eyes.  
All the wonders that surround me never cease to  
delight and surprise me.  
I don't need flashy thrills or big things to impress  
or entertain me all the time.  
When I notice and appreciate the beauty all  
around me, I do fine.

REFRAIN: Notice and appreciate little bits of  
beauty,  
Notice and appreciate...ooh-ooh.

(2)

I used to take so many things for granted when I  
looked but did not see.  
Now boredom is a stranger; I observe my  
surroundings carefully.  
I see sparkles in the sidewalk, many colors in the  
bark on a tree---  
So many fascinating details and patterns and  
textures to see.

REFRAIN: Notice and appreciate little bits of  
beauty,  
Notice and appreciate...ooh-ooh.

(3)

There're so many joys and pleasures that don't  
jump out to razzle-dazzle me.  
I've found that beauty of all kinds is waiting quietly  
for my discovery.  
Keeping all my senses live I now enjoy what I used  
to just ignore.  
I love to hear the chirp of crickets, smell the rain,  
taste a berry, touch a leaf  
---and so much more.

REFRAIN: Notice and appreciate little bits of  
beauty,  
Notice and appreciate...ooh-ooh.

(4)

When I look into your eyes I see the beauty of the  
spirit that's in you;  
and I notice and appreciate your little acts of  
kindness, too.  
Yes, there's beauty in all people that has nothing to  
do with what meets the eye;  
Now I look for it and celebrate the qualities each  
one has inside.

REFRAIN: Notice and appreciate little bits of  
beauty,  
Notice and appreciate...ooh-ooh.

**(FINAL VERSE; REPEAT VERSE 1, AND VARY  
LAST LINE)**


I see little bits of beauty everywhere I chance to  
rest my eyes.  
All the wonders that surround me never cease to  
delight and surprise me.  
I don't need flashy thrills or big things to impress  
or entertain me all the time.  
When I notice and appreciate  
notice and appreciate  
notice and appreciate the beauty all around me, I  
do fine.

REFRAIN (tune of last "ooh-ooh" varies, as on  
tape)

# ICEBREAKER: GIFT EXCHANGE



**Step 1**



When it is your turn, choose another person to give an imaginary gift to... use your hands to gesture giving a present to someone else in the group

**Step 2**

When you receive a gift, first talk about what it looks like from the outside (how is it wrapped? what size is it?)

**Step 3**

Thank the gift giver for giving you the wonderful \_\_\_\_\_.

And then choose the next person, and you will give them a gift.

# CHECK IN

Share one thing that has made you smile this last week, and/or something you have enjoyed about our circles together?



## GUIDING QUESTIONS

Ms. Linda will lead us in discovering little bits beauty right in front of us.

After exploration, please share what you noticed about the color, texture, sounds around you. So many people are bummed and disappointed about things being so different right now... What is a way that you can bring a smile to someone else?

## CHECKOUT

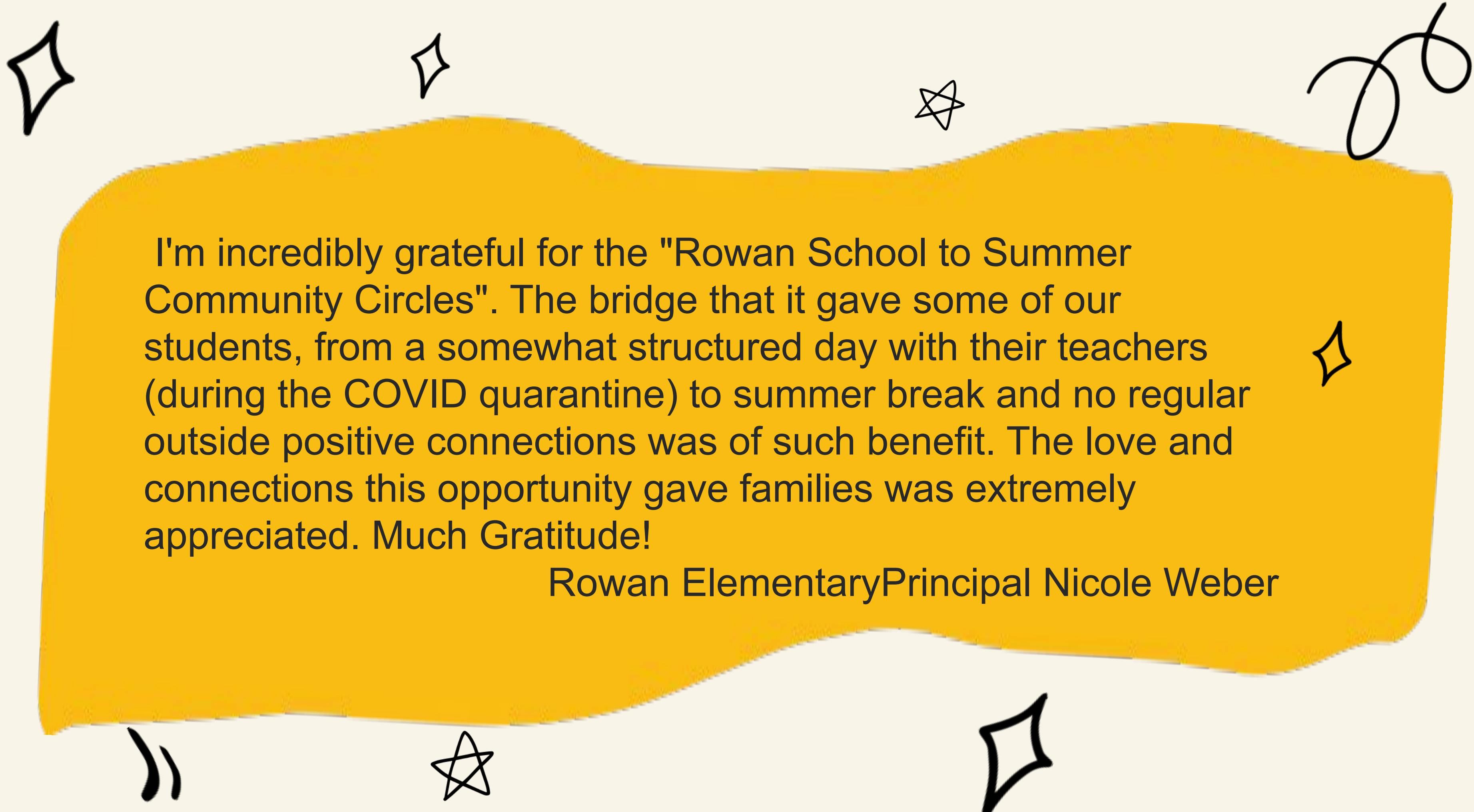
What are you looking forward to for the rest of the summer?

Is there anything that you are looking forward to for the next school year?



# MINDFUL MOVEMENT





I'm incredibly grateful for the "Rowan School to Summer Community Circles". The bridge that it gave some of our students, from a somewhat structured day with their teachers (during the COVID quarantine) to summer break and no regular outside positive connections was of such benefit. The love and connections this opportunity gave families was extremely appreciated. Much Gratitude!

Rowan Elementary Principal Nicole Weber



As far as restorative circles, here is what is sitting on my heart at the moment  
This is such a difficult time for our world. Our social emotional well-being is being compromised, especially for our little ones. They miss the connections they have at school. They miss the in-person relationships. They miss the hugs and high fives from teachers and friends. Luckily, we were able to continue to build and grow our sense of community through circles, even online. I was so blessed to be a part of the small group circles that happened over summer. I loved watching them light up to see their peers, even if it was online. I think it is very important to continue to nurture our children with these restorative circles. In my own classroom, we are dedicating 30 minutes a day to their social emotional learning. My hope is that our class will be stronger together because of it. Thank you so much for providing this opportunity over the summer!

Brooke Melling Rowan Rowan Elementary Restorative Teacher



# WHAT'S NEXT???



Community Yoga and Mindfulness has received a grant which allocated \$2000 for serving in San Diego Unified School District.

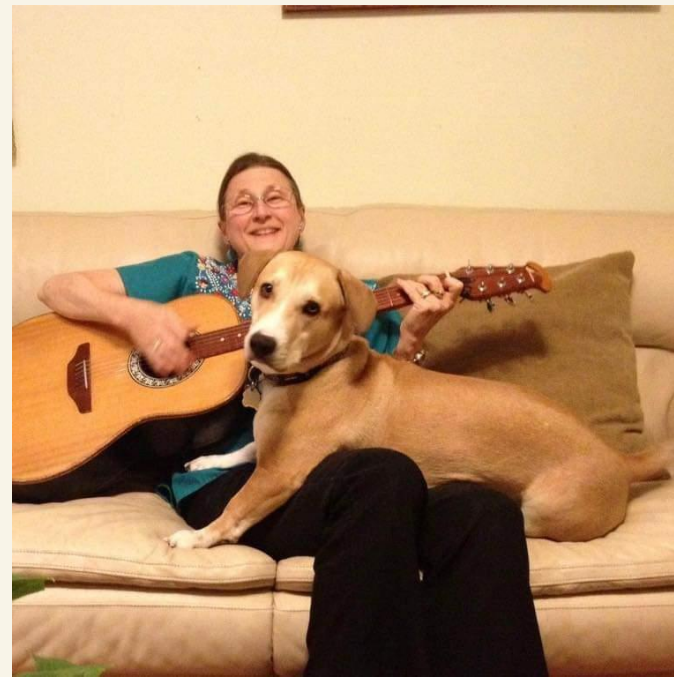
We would like to offer 4 different 1-hour circles, running for 5 weeks, open to students, parents and teachers. We are flexible regarding how we can best implement the program -- for example, different grade levels and perhaps start offering our circles at Clark Middle School as well.



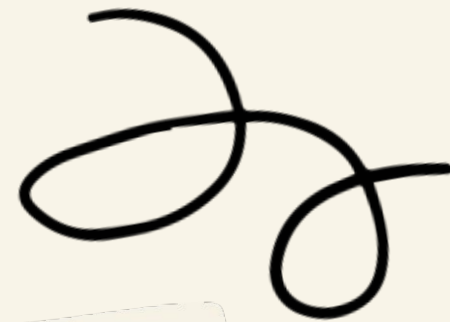




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