

A Year Later, part 1

Building the Legacy of George Floyd

- Welcome
 - *As people enter the space, welcome them. Invite them to do what they need in order to be fully present for the next hour to ninety minutes that they will be together.*
- Body Centering
 - *Invite participants to take 3 deep breaths together, inhaling in through the nose and exhaling out through the mouth. As people find their own breathing rhythms, ask them to find a note and on their exhale, hum. As the humming continues, ask folks to experiment with being louder, quieter, higher pitched, lower pitched, or trying to find a harmony.*
- Quote - *Read the following quote as grounding:*
I take it back by Ben Heart
Will the scales dip
Under my words
Does the balance slip
From my tongue

Will I know when
I'm on my flowerbed of death
If either I or my pen
Managed to move the world
- Circle Guidelines - *Offer the following guidelines to participants. Ask for any additions, changes, and then consent.*
 - Respect the talking piece (or the circle queue if virtual)
 - Speak from the heart / Listen with your heart
 - Speak with respect / Listen with respect
 - Remain in the circle (if virtual, Cameras on are great. Cameras off are great too)
 - Honor confidentiality

A Year Later, part 2

- Introductions/Check-In - *Invite participants to introduce themselves. The circle keeper may decide to call on each person individually, choose to start with one person and ask them to pick the person who goes next, or provide a speaking order in the chat or on the screen.*
 - *Ask participants to share: How are you?*
- Sharing Perspectives. *Ask participants to answer:*
 - **Round 1:** A year later, what is the value that anchors you to the murder of George Floyd?
 - **Round 2:** Legacy is something we often hear or talk about but seldom do we intentionally reflect on. When you die, what is it that you want to be remembered for or as?
 - **Round 3:** The world has been reacting and acting over the past year. We have shared our anchor this past year, what value would you like to hold onto moving forward into this next year and beyond?
- Closing Quote - Read the following:
 - “Daddy changed the world” - Gianna Floyd