

Heroes, Part 1

- 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
 - *Have folks close their eyes if they feel comfortable. Lead the group in four deep breaths. As folks inhale, have them pull their shoulders up to their ears and hold it. Have them release their shoulders and push them toward the ground as they exhale. On the last breath, invite participants to roll their neck from left to right to loosen it further.*
- 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.*
 - Each person share your name, pronouns and your preferred morning beverage.
- Circle Purpose - *Share that the community is gathered today to share thoughts on what it means to be a hero or a role model and reflect on the heroism we have seen during the Chauvin trial.*
- Values - *Share the image of the “Common Circle Values from Living Justice Press. (see p. 17 of this toolkit). Ask participants:*
 - Pick one value that is important to you and share how you will try to live into this value during circle.
- Group Agreements - *Share the image of the Common Circle Guidelines from Living Justice Press (see p. 18 of this toolkit). Ask participants:*
 - Do we feel good about using these guidelines? Any that we want to add or change?
 - Review the discussion of handling harm, bringing joy, and taking care of one another, developed during the Community Building circle.

Heroes, Part 2

- Quote - *Read the following passage as grounding:*
 - “A hero is someone who “we” determine to have demonstrated behaviors and decisions that are ethically and emotionally worthy of our awe. We see in them something we think is not in us. Given similar conditions, we “think” we might not make the same moves and decisions they do, so we place them in an elevated place in society or in our minds.” - Robert Cipriano
- Sharing Perspectives - On heroes. *Ask participants to answer:*
 - **Round 1:** What is your definition of a hero? Do you think your definition is the same or different from the way our larger society defines a hero?
 - **Round 2:** Do you know someone personally who you think has acted heroically?
 - **Round 3:** Have you seen acts of heroism or bravery in the context of the Chauvin trial?
 - **Round 4:** Do you think acts of heroism or bravery should be celebrated or rewarded? If so, how?
 - **Round 5:** When a whole community holds someone up as a hero, what does it communicate about what the community values?
 - **Round 6:** What keeps you most deeply connected to your own humanity and bravery?
- Closing Quote - *Read the following quote:*

“What can I learn from you?
That I must do the thing I think I can not do
That you do what's right by your heart and soul
It's the imperfections that make us whole
One life can tell the tale
That if you make the effort you can not fail
By your life you tell me it can be done
By your life's the courage to carry on.” - Ann Reed
- Closing Breaths - *Invite participants to take three breaths together to close.*