

# Remembering George Floyd, 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

## Remembering George Floyd, 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:** As you look back on May 25, 2020, 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:** What does it mean to honor someone's legacy? How have you sought to honor George Floyd's legacy?
  - **Round 4:** In the time since May 25, 2020, what has changed in the world? What has changed for you? How has that change (if any) made you feel?
  - **Round 5:** What value would you like to hold onto moving forward as we seek to honor George Floyd's legacy?
- Closing Quote - Read the following:
  - "Daddy changed the world" - Gianna Floyd