

CONCENTRIC SELF-REFLECTION CIRCLES

Maximum Time: **20 minutes**
Materials: **List of prompts,**
stopwatch.



Abundant Health

Global Ministries

THE UNITED METHODIST CHURCH

DIRECTIONS:

- Split the group of participants in half – Group A and Group B. If there is a large number of people participating (more than 20), there can be more than one Group A and Group B. It is only important that for every group A there is a group B, and each group has the same number of people in it.
- Instruct Group A to form a circle, facing outwards.
- Group B will then form a circle around group A, facing inwards. There should be one person from Group A paired up with one person from Group B.
- After the circles and pairs are formed, the facilitator will read out a discussion prompt.
- The pairs will answer the prompt for 2 minutes.
- After 2 minutes, the facilitator will instruct the group to “Rotate.” Group B will shift one person to the right, and Group A will stay where they are. Every person should now have a new partner.
- The facilitator will read out a new prompt for the pairs to answer for the next 2 minutes. At the end of the 2 minutes, rotate will be called again.
- This cycle continues until everyone in Group A has been paired with everyone in Group B, or the time allotted for the activity concludes.

WHY THIS ACTIVITY?

Self-reflection is an important part of mental health – and these prompts help guide the mind to positive thoughts to make the people happy. This can be practiced at home over normal conversations or through journaling. Making reflection a part of everyday life can help to improve mood.

Potential Discussion Prompts

01. The words I would like to live by are...
02. My favorite way to spend the day is...
03. What always brings tears to your eyes?
04. I feel most energized when...
05. I feel happiest in my skin when...
06. Three things that inspire me are...
07. Growing up, I looked up to.... Why?
08. Something I would like to say yes to more often is...
09. Something I would like to say no to more often is...
10. The person who has had the greatest impact on my life is...
11. Is it more important to love or be loved?
12. The last time I laughed until I cried was...
13. My favorite part of the day is...
14. Hobbies that make me happy are...
15. I am most grateful for...