



Let us Talk

Communicating with Sharing Circles

Goal: As a family, sit in a circle and communicate thoughts and feelings.

[Tip]: Pass an object clockwise giving each person a turn to talk. Those in the circle cannot speak unless they are holding the object. A person may pass and choose not to say anything. The object can be passed around the circle more than once, so that everyone has a chance to share what is important to them.

Why is this important? Listening carefully to what one another has to say can offer support, relieve stress, and form healthy relationships built on trust and communication.

This activity was made in collaboration with an Indigenous member of our ToyBox Team.

References: Absolon, K. (2010). Indigenous Wholistic Theory: A Knowledge Set for Practice. *First Peoples Child & Family Review*, 5(2), 74–87. <https://doi.org/10.7202/1068933ar>