

### Goals of the Circle of Love:

To get students to understand core value of the day, think about how to use it on and off the hill. To provide a positive environment to practice public speaking and experience compassion of the group. Provide time to do a gear check, and set the schedule for the day, break time, departure time, etc.

### Circle of Love Guidelines:

- Keep it high energy!
- Keep it positive (acknowledge and validate all answers & participants)
- Ask questions, and try to really engage the kids!
- Don't call kids out, unless you're redirecting negative behavior
- Every kid talks at least once in the beginning or closing circle.

### *If kids aren't talking:*

- Remind them they wrote definitions; participation is part of the deal to ride!
- Have adults give definitions to prime the pump.
- Break down into smaller groups if you need to to get participation.

### *Closing Circle:*

- Do circle BEFORE turning in gear!
- Incorporate events of the day, and highlight students who used core value to validate them.
- Encourage them to take Core Value off the hill, ask how they can do that!
- Make sure to end with energy! Do a big SOS Chant at the end!

### SOS Core Value Definitions and Tips:

1)Courage: "mental or moral strength to persevere and withstand danger, fear or difficulty"

- *Ask if anyone has even been afraid of anything. Maybe confess own fear. Ask if anyone is afraid to learn skiing/boarding & how we can beat that fear.*

2)Discipline: " training or repetitious activity that serves to correct or mold how one thinks and acts; self control"

- *Instead of focusing on "punishment" definitions, get kids to think about training and self-control. Relate to practicing skills in snowboarding/skiing.*

3)Integrity: "upholding what is right under any circumstances, adherence to a code values"

- *Ask if they ever did something they knew was right even though other people didn't agree or when they didn't have to.*

4)Wisdom: "the combination of what you have experienced and what you have learned; using good judgment"

- *Wisdom is not just for older people; get youth to understand they can have wisdom too!*

5)Compassion: "being aware of others pain or difficulties, and a desire to help"

- *Ask if it is enough to feel bad for someone, how can we to take it to the next step? Watch out for confusion with the word "passion"!*