

**Activity: Step Circle- Perception & Conflict Management**  
**Careers, Pathways, or Skills to Highlight: SEL, Conflict Management**  
**Grade Range: 3rd - 8th**  
**Time: 15-40 Minutes (Icebreaker vs. Full Classroom Lesson)**



## INSTRUCTIONS

1. Based on the CRAMMS lesson by University of Oregon (Conflict Resolution Activities for Middle School Skill-Building), introduce the lesson for the day, Step Circle. Explain to students that today they will be learning about how and why finding common things, experiences, likes/dislikes, realities, etc. between different people (age, race, gender, ethnicity, etc.) is important when developing relationships, building trust and respect, and dealing with conflicts and conflict management.
2. Have the class stand in a large circle. Please move desks out of the way if needed. If you end up moving desks, make sure there is enough time at the end of the visit to reset the classroom before leaving.
3. Inform the class that this is a completely silent activity, and ask them not to comment, laugh, scoff or indicate during the exercise.
4. Instruct the students to listen to the following statements. Ask them to take one step into the circle if they identify with the statement or feel it applies to their life. Ask them to silently step in, pause for 2 seconds to observe and appreciate others who stepped in, and then step silently back into the outer circle.
  - o Encourage students to interpret the statements however they like but ask them not to question the statements or seek clarification.
  - o Emphasize that stepping in is **always voluntary**.
5. Read the I-Statements aloud one at a time, pausing between each question for step-ins. ***Please use the I-Statements provided for your grade band.***
6. After completing however many rounds of the activity as you wish, ask students to think about the following questions and open the group for discussion:
  - o How did this activity make you feel? What did it make you think?
  - o What, if anything, surprised you during this activity?
  - o What did this activity make you realize about your classmates? Your mentors? What about yourself?
7. TIP: This lesson may be done as an Icebreaker, or as a full visit. If done as an Icebreaker, take only 5 or 10 minutes to do the Step Circle activity so that your team has time for your other activity. If done as a full lesson, take time before and after the Step Circle activity to engage with the students on why lessons like this are important.
  - o Start the lesson on asking students how well they think they know their classmates. How about their mentors? Ask them if they think they will learn something from this activity.
  - o After the activity, use the questions from step 6 to engage in conversation wrapping up the lesson.

## SYNOPSIS

Students will learn how there are common things between people with seemingly different backgrounds and why this is important when forming relationships or dealing with conflict.

## MATERIALS

I-Statement prompts. Please note the different prompts for different grade levels.

## TIPS & EXTENSIONS

Tie into the lesson and activity how and why finding common things, experiences, likes/dislikes, realities, etc. between different people (age, race, gender, ethnicity, etc.) is important when developing relationships, building trust and respect, and dealing with conflicts and conflict management.

## Step Circle I- STATEMENTS 3rd-5th Grade

- I am an artist.
- I like to play sports.
- I play an instrument.
- I like being outside.
- I like to read.
- I am a good student.
- I am an only child.
- I am the oldest child in my family.
- I am the youngest child in my family.
- I am a middle child.
- I have attended public school.
- I have or will attend a private school.
- I live with both my parents in the same home.
- I have divorced parents.
- I live with member(s) of my extended family.
- I have lost a family member.
- I feel responsible for my brothers and sisters.
- I have very strict parents.
- I was born in the United States.
- English is not my first language.
- I am multi-lingual.
- I have family or friends living in another country.
- I have travelled outside of the country.
- I think I will go to college.
- I usually have access to the things I need and want.
- I have lived in the same house my whole life.
- I have moved around a lot.
- I have only lived in (*state currently in*)
- I have lived outside of (*state currently in*)
- I sometimes feel sad or anxious and cannot explain why.
- I have pets.
- I do not have pets.
- I know what I want to be when I grow up.
- I do not know what I want to be when I grow up.
- I am a leader.
- I prefer to let others take the lead
- I like Math.
- I like Language Arts.
- I like Science.
- I like Social Studies/History

## Step Circle I- STATEMENTS 6th-8th Grade

- I am an artist.
  - I play sports.
  - I play an instrument
  - I am a good student.
  - I am an only child.
  - I am the oldest child in my family.
  - I am the youngest child in my family.
  - I am a middle child.
  - I have attended public school.
  - I have or will attend a private school.
  - I live with both my parents in the same home.
  - I have divorced parents.
  - I live with member(s) of my extended family.
  - I have lost a family member.
  - I feel responsible for my brothers and sisters.
  - I have very strict parents.
  - I was born in the United States.
  - English is not my first language.
  - I am multi-lingual.
  - I have family or friends living in another country.
  - I have travelled outside of the country.
  - I regularly see my culture represented in the media.
  - I often see my culture misrepresented in the media.
  - I learned or am learning about my peoples' culture, heritage and customs in History or Social Studies.
  - I think I will go to college.
  - I usually have access to the things I need and want.
  - I have lived in the same house my whole life.
  - I have moved around a lot.
  - I have only lived in (*state currently in*)
- I have lived outside of (*state currently in*)
  - I sometimes feel anxious or sad and cannot explain why.
  - I have been bullied.
  - I or someone I know identifies as gay, lesbian, bisexual or transgender.
  - I expect a lot from myself.
  - I am popular.
  - I sleep as much as I need to most nights.
  - I eat as much as I need to most days.
  - I have ended friendships or lost friendships due to drama.
  - I have recently made a new friend.