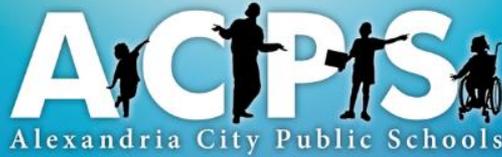


R U OK?



EQUITY FOR ALL 2025

VIRTUAL CIRCLE GUIDELINES

- Speak from the heart - your truth
- Listen from the heart - let go of stories that may make it hard to listen to someone's truth
- Trust you will know what to say
- Share the air
- Everything stays in the circle



Mute



Stop Video



Invite



Manage Participants

1



Share Screen



Chat



Record



More

End Meeting

SEQUENCE OF EVENTS IN A VIRTUAL CIRCLE

1. CHECK-IN
2. CONNECTION
3. CLOSING



LIST OF EMOTIONS

C
H
E
C
K

I
N

Gleeful 

Horrified 

Lucky 

Mournful 

Gloomy 

Hostile 

Melancholic 

Nasty 

Grieving 

Humiliated 

Miserable 

Needy 

Delighted 

Down 

Shocked 

Suffering 

Desperate 

Edgy 

Sluggish 

Sympathetic 

Doubtful 

Elated 

Somber 

Surprised 

Determined 

Embarrassed 

Stressed 

Thankful 

CONNECTION

let's talk

CLOSING

Alexandria City Public Schools Department of Student
Services and Equity

703-619-8034

Employee Assistance Program (EAP)

ComPsych Guidance Resources at **800-327-1850**, or go
online to [guidanceresources.com](https://www.guidanceresources.com)