



Somatic Circles

Restorative Session

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Processing Anger

Session: To work in community with strong feelings: anger

STARTING THE CIRCLE

- 1. Arrive:** *Presence with arriving practice and then discuss the purpose of the circle*
- 2. Check in:** *To open the circle we will each briefly share how we're feeling about this topic.*
- 3. Preview:** *Discuss the session with students*

ACTIVE SESSION

4. Connection:

Complete meditation. Prior to starting the meditation bring to mind a time you were angry. go to this time during the body scan. Map out- where does anger show up in your body. How does it feel?

<https://youtu.be/uxmRE9ahpwo>

For each question allow students to share out loud, written to themselves or group, or pass.

5. Discussion questions

How did anger show up in your body?

Did you feel the want to stay with the anger or push it away?

Is anger a mobilizing energy or a flat energy for you?

What is a tool that helps you regulate in the midst of a reactive response to anger?

ENDING THE CIRCLE

6. Close the circle:

How can you take this forward?