

Practice Session Team A

Welcome and Introduction of Team

Agenda Preview

Gathering (choose one)

Exercise: Affirmation in Twos (set up and get into pairs, do not run the exercise)

Light and Lively (choose one—not Big Wind Blows)

Exercise: Sharing a Conflict I Solved Nonviolently (set up and divide into groups, give instructions, do not run the exercise)

Closing (choose one)

Practice Session Team B

Welcome and Introduction of Team

Agenda Preview

Gathering (choose one)

Exercise: Concentric Circles (set up and run, only two questions, one processing question)

Light and Lively (choose one—not Big Wind Blows)

Exercise: Broken Squares (set up and divide into groups, do not run the exercise)

Closing (choose one)

Practice Session Team C

Welcome and Introduction of Team

Agenda Preview

Gathering (choose one)

Exercise: What is Violence? What is Non-Violence Brainstorms (set up and run, take five responses to each)

Light and Lively (choose one—not Big Wind Blows)

Exercise: Empathy (set up and run—only one person's problem, two processing questions)

Closing (choose one)