



# SEED CIRCLES

Creating connection to self and community while exploring identity and life with compassion and curiosity

## Curriculum Map

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Week 1- Welcome/ Brave Spaces (HW: research name)

Week 2- Identity maps

Week 3- Integrative identity

Week 4- More than okay

Week 5- More/Less

Week 6- Our brave stories/Heart maps

Week 7- Web of Support

Week 8- Grief

Week 9- Joy

Week- 10 Worry & Wonder

Week- 11 Changes

Week -12 Reflection

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# Flow

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Eating together

Check in question

Journal prompt

Share

Closing

## Why the name Seed Circles?

The seed informs us of who we are and what we can become with time and nurturing. Just as we cannot force a rose seed to bloom into an oak tree, we are not meant to contort or mask who we essentially are. By listening and exploring the many facets of our identity we can become **empowered** by our authentic material.