




Facilitation Difficulty: 

 5-15 min. depending on group size

 Up to 15

 No prerequisite

Purpose – To close a seminar or a year of CFG[®] meetings on an especially positive, reflective note. Many NSRF National Facilitators use this activity at the end of a five-day Critical Friends Group[®] New Coaches' Training. It's a quick way to help people reflect on the power of the work that was just accomplished and see how it is transforming their practice.

Steps:

1. **Setup** – (2 min.) Explain that this activity helps participants reflect specifically about how this training or their CFG community has changed their thinking, and invites them to celebrate those learnings together. The prompt can be phrased like this: “When we began this training/these meetings, we all arrived with thoughts and feelings about our work, and expectations and feelings about how useful Critical Friends Group work might be. Let’s take a minute to remember what you used to believe. How would you finish the sentence, ‘I used to think...’? Then, consider how your thoughts and feelings have changed since we began and complete the phrase ‘But now I think....’ For example, ‘I used to think that I was all alone in planning and improving my lessons and rubrics. But now I think that my colleagues will powerfully support me in improving my teaching and my students’ learning.’”
2. **Demonstrate** – (1 min.) Invite all participants to stand in a circle with you. Demonstrate Up and Down the Mountain by stepping forward into the circle and giving an example from your own thoughts before and after your CFG coaches’ training. Then, invite anyone who has recognized something similar to step into the circle with you and celebrate – applaud, high-five, fist bump, and/or cheer. Once the excitement has died down, everyone steps back out of the circle.
3. **Share** – (Up to 11 min.) Ask who wants to be next, to step in and share. Again, all people who share in that person’s insight or learning join them in the circle and celebrate. Continue with people volunteering to share, in no particular order, whenever the spirit moves them, until everyone who wants to share have their opportunity to do so. Don’t be afraid of a little silence between rounds.
4. **Close** – (1 min.) Thank everyone for their participation and say goodbye.