

The Rose, Bud, Thorn Closing Ritual

This exercise is intended to close out each day with a moment of sharing and reflection, and to facilitate a bonding moment and openness within a group of people. Going around in a circle and providing space for each person to share a few notable aspects of their day, supports a platform for connection through shared experience or understanding as we lay our weary heads down for some well earned rest.

When: At the end of each day as you are preparing to go to bed for the night.

Where: Anywhere your family or group can be all together (or with friends or family over video chat, too)

What is it: An opportunity to sit in the same space and hear one another's perspectives on one another's day.

What is needed:

One person talking at a time and everyone else listening

A talking stick or other prop (Optional)

A way to signal that each person is finished talking (Optional)

Suggestions: candles, blankets, pillow, anything to set a cozy mood.

How it works: As the name suggests, the exercise is split up into 3 categories:

The Rose:

- What was the highlight of your day?
- How have you been successful?
- What did you like?
- Describe efforts that blossomed.
- What are you most proud of?

The Bud:

- What are you looking forward to tomorrow?
- Describe opportunities that energize you.
- What possibilities need growth and nurturing?

The Thorn:

- What would you have preferred to have gone differently?
- What was something you could have done without?
- Identify causes of difficulty - What were they today?
- What impeded your efforts?
- Did you experience challenging points in the day?

Popcorn style or in a circle, go around and share your Rose, Bud, and Thorn (In any order) one at a time until everyone in the group has had an opportunity to share. Once the first person has gone, pass on the 'torch' to the next, and so on. This process can have physical symbolism to help set the ritual for each group.

Some ideas to help the process:

- Each person has a candle next to them and they blow it out after they have finished their rose, bud, thorn. This signals to the next person that it is their turn. Until all of the candles are out
- Each person hold a talking stick that is passed from person to person
- Each person has a word of the day that they speak to signal the end of their rose bud thorn.
- Some staff and campers like to start with the Rose, follow with the Thorn, and end with the more positive, Bud.

Optional Discussion Questions

What was learned from the thorns? How might that affect what you do tomorrow?

Were other people involved? In what ways can you incorporate more time for your rose or buds?