



Keeping the flow going both ways

The skill of non-extracting · name: _____ · date: _____



Friendships, teams, shared spaces and living systems depend on movement in more than one direction. Reciprocity asks what we receive, what we return and whether the arrangement remains fair over time. Nobody is asked to give endlessly. Limits and rest are part of what keeps a relationship going.

What we are practising

By the end of this lesson, you can identify one-way and reciprocal patterns, and suggest a change that meets a need without leaving another person or system depleted.

During the activity

Redesign the flow: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Where might you notice one everyday flow, such as a chat, a team or a shared space, and think of a small way to put something back into it?

Exit ticket · Keeping the flow going both ways

What does reciprocity mean in this lesson?

- a) Always giving without ever receiving anything back
- b) Things flowing both ways, rather than only one way
- c) Taking as much as possible from a shared resource
- d) Avoiding group work altogether

I can tell the difference between one-way taking and two-way reciprocity and describe one small way to put something back.

☐ more than before ☐ about the same

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