

CIRCLE TIME: YEAR: FOUNDATION STAGE

Virtue (Summer term): Confidence:

PSHCE:

I know my own value and can talk about the things that I am good at. I know that my worth and confidence comes from God. I think positively and I am willing to try new things.

Knowledge:

I know that I can do things without fears or doubts stopping me.

I know that when you are confident in someone, you can trust and rely on them. If you trust in God you have confidence that God loves you and watches over you. Confidence brings peace of mind.

Skills:

I can do some things without needing help.

I am confident to share my skills and gifts with others.

I keep going even when I find things difficult.

Attitudes:

I am able to do things without always asking for help. I know the difference between confidence and pride.

Circle Time Rules:

We listen to each other.

We do not say or do anything that would hurt another person.

We signal when we want to say something.

We may say pass.

If a game involves touch we may sit and watch before making a decision to join in.

Skills - Thinking, Looking, Listening, Speaking, Concentrating

Throughout Circle Time it is vital that teachers praise children for using the above skills.

Step 1. Game

"Catch some confidence". Choose a large round ball and ask children to roll it across the circle to each other. As they roll it, call out another child's name and something they are good at, e.g. "*Freya is good at cutting out*". The aim of this game is to build children's confidence, so make it easy for them to roll the ball and make sure that everybody is included. You could have two or three smaller circles if this makes it easier for everybody to have a turn.

Step 2. Round

Explain that confidence is that feeling you get when you know you can do something 'all by yourself' or that you are especially good at something. It is different from being proud, although you might also feel proud of your achievements. Confidence comes from practising a skill and knowing that God has given you a special talent for something.

Go around the circle and say something that you are good at or feel confident about.

Trigger statement:

I can be confident without being too proud or boastful.

Step 3. Open Forum

Read the following story / scenario:

Freddie was learning to ride his bike without stabilisers. He had been to the park lots of times and practised on the grass with Auntie Sue holding the back of his saddle. He knew how to put his feet on the pedals and how to steer and brake. Now it was time to have a go for himself. Auntie Sue helped him to get onto his bike and gave him a little push. He started to wobble but looked straight ahead and remembered that he had practised lots and knew what to do. He kept pushing down onto the pedals and he did it all by himself! Was Freddie being confident?

Freddie has got to the end of the grass in the park and has reached the cycle path. Deep down he knows he can do it but also he knows that it might hurt if he falls...

Should he stop or keep going along the harder tarmac cycle path to catch up with Auntie Sue? Children respond.

Step 4. Celebration

Make a confidence cake; ask children to draw a picture of them doing something that they are good at and add it to the bowl. Print out any photographs or photocopy certificates that parents have sent in. Add these to the cake mixture and get the children to mix the bowl and as they do, to describe how being confident makes them feel... happy, excited, calm, secure.

Step 5. Ending Ritual

Ask children if anyone would like to share something they have become more confident to do over the last few weeks.

"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?" (Hebrews 13:6)

Resources:

Large soft ball (or two or three if you would prefer to do the game in groups)

Empty mixing bowl and wooden spoon

Parents – in advance – ask families to email / upload photographs of the children doing things that they are good at. Or bring in certificates that children have achieved out of school e.g. swimming badges, music or gymnastics certificates.