

# CIRCLE TIME: YEAR: Foundation Stage

## Virtue 4 – Autumn 2 – Patience:

**I can wait. I have self-control and can act calmly even when things are difficult.**

### **PSHCE:**

Learn to respect the differences between people.

### **Knowledge:**

Know that patience is waiting calmly.

We must be gently and show self-control when we are not getting our own way.

### **Skills:**

Show self-control and react calmly when things are difficult.

When we make mistakes stay calm and know that in time things will be all right

### **Attitudes:**

Develop self-control when dealing with others with friends and within the family.

Practice Patience when they wait without complaining.

### **Statements for Assessment:**

I can wait patiently.

I can show self-control.

I can treat other with gentleness even during disagreements.

### **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 about being Patient and Waiting your turn.**

Children stand up in a circle, one child has the holding cross and to walk across the circle give the cross, sit down and then child with the cross chooses another child to give the cross and sit down etc. Games stops when all children are sitting down.

### **Step 2. Round**

Discuss what 'self-control' means. Do they have any ideas?

Explore with the children how they have to think before reacting because sometimes what they want to do is not the right thing to do. Have their teachers or parents ever asked them to count to ten before responding to what someone else has done or said?

That is because it is important to think before we react. Just taking ten seconds can help us think about how we are feeling and thinking, calm ourselves, if necessary, then we can control how we respond. In talk

partners ask the children to discuss what strategies they use when they are feeling impatient and which help them to maintain self-control.

**Trigger statement:** I will show self-control by

### **Step 3. Open Forum**

The teacher talks to puppet about what he is excited about.. Puppet says he can't wait for Christmas. He is thinking about it all the time. The teacher tells puppet what she has noticed he is not concentrating, not being kind to his friends and is not showing self-control.

Children use talk partners to give ideas to the puppet of how he can develop patience and self-control. The children share ideas with the rest of the class.

### **Step 4. Celebration**

Nominate someone in class who demonstrates self-control.

### **Step 5. Ending Ritual**

High Five each other for all the brilliant ideas