

CIRCLE TIME: FOUNDATION STAGE

Virtue 3 (Spring): Reflection

PSHCE:

I can recognise when I need space to reflect. I can sit quietly and think about my actions.

Knowledge:

Reflection means the image or understanding that 'bounces back'.

Reflection is taking time to think about our actions.

Reflection can be about our learning, our behaviour, our choices and our observations of the world around us.

Skills:

I use physical ways to be still e.g. listening to music or focusing on a candle or image. I can reflect on my own life and the impact of my choices.

Attitudes:

I am thoughtful and positive about myself, I am positive about the people around me. I see beauty in the world around me.

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 / Way in

Take a large mirror and place it in the middle of the circle. Ask children to spend a minute looking at what they can see in the reflection (use a sand timer if some children would benefit from a visual stimulus for the time scale). Ask children to name things that they can see reflected in the mirror. Then hold the mirror up (or provide individual mirrors) and ask children to look at their reflection. What do they see when they look at themselves?

Step 2. Round

Trigger statement:

"When I look in the mirror, I see myself in a good way."

Step 3. Open Forum (Reflection and response)

Invite children to lie down or sit in a comfortable position. Use the following steps to prepare children for a time of reflection. Play quiet music (optional).

"Make sure you are comfortable and not touching anyone."

"Close your eyes."

"Take a breath in and breathe out slowly"

When children are settled then read the following short reflection;

"Imagine you are sitting or lying in the middle of a beautiful garden. Now, imagine you can smell spring flowers and feel the warm sun on your skin. Now imagine you can hear a little bird singing in a tree nearby. Think about what makes you feel happy. God feels happy when he sees you being peaceful.

"Think about what God sees when he looks at you; does He see someone who is kind? Does He see someone who is creative? Does He see someone who is friendly?"

"Thank you, when you are ready open your eyes and sit up slowly"

"How did it make you feel to reflect in this way?"

Children respond.

Step 4. Celebration

Draw, paint or collage the beautiful garden that you imagined during our time of reflection. This could be individually or as a class. Display the garden artwork (along with any comments the children made about their experience and understanding of reflection) some special and comment on it throughout the weeks of reflection. Model the language of reflection. Tell the children that we are reflecting by looking closely at the things that are good in the world and in ourselves and can celebrate these just as God does!

Step 5. Ending Ritual

Draw your heart (or use a heart template) to draw a picture that reflects what your heart looks like e.g. if it is kind, you could draw a picture of you sharing with friends.

Resources:

Mirror (large) or a class set

Heart template

Quiet music (optional)