

CIRCLE TIME: YEAR: FOUNDATION STAGE

Virtue 3 (Spring): Self-control

PSHCE:

I can control my actions to make things fair for everyone.

Knowledge:

I know that self-control means choosing how I respond. I know that I am in charge of my words and actions. I can talk about some strategies for helping with my self-control.

Skills:

I can show some practical ways to demonstrate my self-control.

Attitudes:

I think before I react and choose how to respond.

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

'Who wants the cake?'

Place a cupcake (or chocolate / biscuit etc) in the middle of the circle. Ask children to look but not to touch it.

After a minute ask the children who wanted to eat the cake? On a scale of 1-10 how hard was it to just look and not eat it.

Step 2. Round

Ask children to close their eyes and whisk away the cake from sight. Pretend that a cheeky toddler came in and couldn't stop themselves from eating the cake. Use language to describe that a young child can't always control their wants but as we get older we learn **self control**. Model using the language of *patience* and *self control*. Ask children to share ideas about how they can control their actions (e.g. count to ten, sit on your hands, ask a friend to help, find a distraction.)

Trigger statement:

It is your birthday tomorrow and you know where all your presents have been hidden...

Step 3. Open Forum

Read the following story / scenario:

"Several children are at a party, there are only a few cakes left on the plate. You really want a cake. You reach forward and take a cake even though there won't be enough for everyone..."

Children respond.

Step 4. Celebration

At the beginning I asked you to use your self-control to not eat the special cake. You all did that really well, so now I will invite you to take a treat each. Sometimes being patient and using our self-control leads to even better results!

Step 5. Ending Ritual

Galatians 5. 22 "The fruit of the Spirit is self-control"

God will help us practise our self-control, even when it feels very hard!

Resources:

Cupcake (one + small treat for the whole class)