

# KINDNESS CIRCLE TIME: FOUNDATION STAGE

## Virtue 10 – Summer 1- Kindness –

I show kindness when I think about how other people feel and I choose to do something good to bring help, comfort or happiness. I choose to be kind because I see that everybody and everything is part of God's creation.

### **Knowledge:**

Know that every act of kindness helps build God's Kingdom. I know that it is good to be kind.

### **Skills:**

Be able to identify situations where kindness is required.

### **Attitudes:**

We are called to be kind to others because God is kind to us. Appreciate that we are all made in God's image.

### **Statements for Assessment:**

#### **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**

Everyone sits in a circle. You will read out one of the statements below and give the children a few seconds to think about it, ask them to think of an example as you might ask them to share these later. If the statement applies to the child, they stand up. Everyone who is standing up then swaps places. At this point, you might ask them to share their example before reading out the next statement.

Move places if you have:

- held open a door for someone today •said thank you today
- given someone a smile today •received kindness from someone today
- written a letter to someone in the past week
- tidied your room without being asked in the last week
- helped somebody carry a heavy bag today
- given someone a compliment today •asked a question and listened carefully to the answer •received kind words from someone else today
- been kind to yourself (maybe eaten some healthy food, exercised, taken some calm down time or used kind words to yourself)
- given someone a gift today •said some words of encouragement today

If you do this activity part of the way through the day, you can then reflect on how there's still lots of time left in the day to carry out lots more acts of kindness!

### **Step 2. Round**

The children sit in a circle preferably mixed up so that they are not all sitting next to their closest friends. Show children a small box or item. Tell the children that they are going to use their imaginations to turn this box into a perfect gift for someone else in the class. The children are going to give the gift to the person sitting on their left. Ask them to think about what this person might like. Do they know what their favourite game/sport/animal is or what their hobbies are? You might like to give an example saying, 'I am going to give Ayaz a box of crayons because I know he really likes drawing' or 'I am going to give Sara a pair of goal keeper gloves because I know she's good at being in goal'. Go round the circle with each child telling the class what their imaginary gift for the child next to them is and passing on the box. At the end you can reflect on how lovely it is to know that somebody has thought about you and how much fun it can be giving a gift to someone else.

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

**Trigger statement:**

I am kind when .....

Teacher gives an example of a kind act. Eg. I am kind when I stop to help someone that has fallen over. Or I pick up someone's coat that has fallen down.

### **Step 4. Celebration**

Teacher thanks the children and reminds them that using manners and words like Thank You is a way to show kindness, Children turn to the person at either side and thank them for being a kind classmate.

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

**Teacher introduces the idea of a spyglass that the children will hold up to their eyes and go and be kindness detectives. Use an image of a spyglass.**