

# CIRCLE TIME: YEAR 1/2

## 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

Fill a clear bowl or plain tray with water, ask the children to sit very still. When we sit very still we may be able to see reflections in the water. Ask children to comment on what they can see (e.g. the lights on the ceiling.) Ask children to think about other places that they have seen stillness and reflections e.g. a lake or river, the windows, mirrors, a car door. The common link is stillness.

Explain that when we have still hearts - we can see more clearly what is shown back to us - and the person that we are.

### Step 2. Round

#### Trigger statement:

"When I look in the mirror, I see someone who is special to God."

### 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 and spending time with Him.*

*"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**

Make and write a congratulations / well done card to yourself (this can be from you or you can imagine it is from God.) Reflect on the things that you are good at and the things you have done well with God's help. These may include things from within your school learning, in your friendships and new skills you may have done for yourself. Draw or write a list of things you have done well, and reflect positively. You might also like to think about if there is anything you would do differently next time.

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

Gather back together in a circle, give children a few minutes to reflect silently on their own strengths and their place in the family of our school. Ask children if they wish to share what they have reflected on.

"When I reflect – I see.... "

#### **Resources:**

Clear bowl or plain tray to fill with water.

Congratulations cards examples and templates.