

CIRCLE TIME: YEAR 1/2

Virtue 3 (Spring): Self-control

PSHCE:

I can practise self-control to make a fair community for everyone.

Knowledge:

I know that self-control means choosing how I respond. I know that I am responsible for my own words and actions. I can suggest some strategies that help develop my self-control.

Skills:

I know some ways in which I already practise self-control and some new strategies.

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

Ask for one or two volunteers, give them a sugared donut. Explain that they can eat the donut but they are not allowed to lick their lips at all.

Afterwards ask the children to describe whether it was hard to eat the donut without licking their lips, how did they stop themselves?

Step 2. Round

Teacher leads a brief discussion; asking children to think about why it is important that we learn to control our actions.

Trigger statement:

I can say or do whatever I like and it doesn't matter....

Step 3. Open Forum

In small groups of two or three, ask children to role play the following situation, first without using self-control and secondly with using self-control. You can either read out or print the following situations and then ask children to come up with their own examples too.

- (i) "You are walking down a corridor and both reach a door at the same time, who will go through first?"

- (ii) "You notice that there are only a few pieces of fruit left in the snack bowl but there are lots of hungry children who haven't had snack yet. What would you do?"
- (iii) "You are playing a board game and the other players are taking a long time, the dice is near you, what will you do?"

Step 4. Celebration

At the beginning of the session a child completed a difficult task, they had to use their self-control not to lick their lips! Well done!

Think of something you have done this week where you have had to use your self-control.

Questions to consider; What was hard about it? What was easy about it? How does it feel to use your self control?

Step 5. Ending Ritual

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. **Galatians 5. 22-23**

Why do you think self-control is listed here? How we can we practise each of these qualities? Let's ask God to help us now.

Resources:

Donuts (cut into as many pieces as volunteers!)