

PERSEVERANCE/RESILIENCE CIRCLE TIME: YEARS 1/2

Virtue 9 (Summer 1): Perseverance/ Resilience: *I will not give up. I will have faith and hope even when things are difficult.*

Possible Links:

Mind mate resources

SEAL

CAFOD

Jubilee Centre resources

PSHCE:

Make the most of our abilities.

Knowledge:

I know that there are challenges.

I know that I must try not to give up.

When we persevere people can depend on us to finish what we start and to keep our commitments.

Skills:

Recognise when something is difficult.

Choose commitments wisely.

Be persistent, do things step by step, do not be put off when things become 'tricky', keep going.

Attitudes:

Value their ability to persevere / be resilient.

Be willing to persevere and overcome difficulties.

Statements for Assessment:

I know I can make mistakes.

I know I can improve.

I keep trying and don't give up.

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. Activity

This round uses paired talk. Demonstrate listening skills with a child for children to see:

- Eye contact
- Still bodies
- Waiting until the person has finished talking

Teacher recalls things children find difficult to do. Can they think of something they find difficult to do? Teacher begins by discussing the trigger statement and telling the children about something s/he finds difficult. The teacher then shares with the children some things that help when things get difficult e.g. taking a break, self-talk, sharing difficulties with a friend, breaking tasks into smaller tasks. The teacher then asks the children to think of one thing they have found difficult and to share this with their partner in the circle. Can their partner help them to think of something that might help? [You might want to take suggestions and put them on the flipchart for children to discuss just in case they find it difficult to come up with an idea]

Trigger statement:

When things are difficult it helps if...

Step 2. Open Forum

Puppet: "I'm feeling a bit sad at the moment...sometimes when I'm doing my work I give up because it is hard and I don't know what to do. Can anyone help me?

The other day I wanted to play a different game and nobody else did...I got really, really mad and I started shouting...I want to get better at not losing my temper...I wonder if anybody can help me?"

Step 3. Celebration

Ask the children to look around the circle. Is there anyone who shows perseverance?

Someone who goes back to things time and again, someone who doesn't give up? It may be someone who shows patience on the playground. Do encourage children to be specific about the actions they have noticed rather than just saying, "I've noticed Tanya is patient".

Step 4. Ending Ritual

Plant a small plant or a seed. Show the children either a picture of the flower that the seed will become or the flower itself. Explain that all of us were once this small, full of potential and all of us will grow and contain beauty just like the flower. We need to persevere and be resilient to become the best person we can be.

Resources:

Puppet

Seeds

Flower or picture of a flower the seed will become