

## CIRCLE TIME: YEAR 3/4

### Virtue (Summer term): Confidence:

#### PSHCE:

I know my own value and can talk about the things that I am good at. I know that my worth and confidence comes from God. I think positively and I am willing to try new things.

#### Knowledge:

I know that I can do things without fears or doubts stopping me.

I know that when you are confident in someone, you can trust and rely on them. If you trust in God you have confidence that God loves you and watches over you. Confidence brings peace of mind.

#### Skills:

I can do some things without needing help.

I am confident to share my skills and gifts with others.

I keep going even when I find things difficult.

#### Attitudes:

I am able to do things without always asking for help. I know the difference between confidence and pride.

#### 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

First think about whether these physical 'confidence/ trust' games are suitable for your group of pupils. If any children may feel unable to take part because of a physical or emotional barrier then consider asking a volunteer pair to model this or finding an alternative game.

- i) Ask Partner A to stand behind partner B. Partner B will close their eyes and stand with their arms stretched out to the sides. Partner B will slowly lean back into Partner A who will support their weight. Partner B is displaying confidence that Partner A will support them and not let go.
- ii) Ask all the children to stand in a circle and then turn to their left. If all the children sit down at the same time, then everyone should be supported by the knees of the person behind them. Each person is displaying confidence that everyone will join in and that all children will be supported.
- iii) In a circle, holding a parachute loosely, ask for a volunteer to come and sit cross legged in the middle. On the count of three instruct all the children around the edge to step backwards, which will result in the person in middle being raised up. Support children to gently lower the volunteer back down until they are again resting on the floor. The

person in the middle is displaying confidence in their classmates to support them and place them down gently.

## **Step 2. Round**

Confidence is something we can have in other people (as we have experienced in our games today), in ourselves (our talents and abilities) and in God.

Sometimes other people can let us down, sometimes we let ourselves down but God will never let us down.

Can you think of a skill that you would feel confident to share with the class (e.g. juggling, reading out a poem, or playing your recorder). Share your ideas in small groups or pairs. Later in the week, as part of our celebration we will have an opportunity to share these.

### **Trigger statement:**

I feel confident to \_\_\_\_\_ because \_\_\_\_\_ .

## **Step 3. Open Forum**

Sometimes it is easy to see things that other people are good at, but hard to see things that we are good at ourselves. Remember that it is good to be confident in the things that God has blessed us with and we can develop these gifts to build into hobbies and careers.

How many things can you think of that you are good at?  
How many of these would you like to get even better at?  
Which of these have you spent a long-time practising?

## **Step 4. Celebration**

Hold a "confidence concert" or class talent show, can each person offer something? This could be a big or a small thing; like telling your favourite joke, reading your favourite part of your reading book, playing an instrument or performing a dance that you made up in the playground. You could do this independently or with a friend.

## **Step 5. Ending Ritual**

As a class, thank God for the different abilities, skills and talents that we have. Remind each other that God has given us these for a reason and ask for his help to always use our gifts well.

"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?" (Hebrews 13:6)

### **Resources:**

Parachute, soft mats (for paired confidence activity)