

# CIRCLE TIME: YEAR 3/4

## Virtue (Summer term): Courage

### PSHCE:

I can be brave to do something that needs to be done even when it is hard to do or I am scared to do it. Even if I am afraid, I have the courage to ask for help. I can overcome my fear and do the right thing.

### Knowledge:

I know that courage means being bold to make the right choices. It means standing up for myself and for others. I know that I can count on God's help and that I am never alone.

### Skills:

I can make the right choices.

I can reflect on the choices I have made.

I can stand up for others and myself.

I am not afraid to fail and keep trying.

### Attitudes:

I know when to speak up for myself and others. I can be quietly courageous through my actions and words.

### 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

Show the class a piece of paper and a paperback book. Stand the paper on its edge and challenge the class to make the paper hold up the book. Explain that their challenge is to see if they make the paper hold the book up. (You could do this in groups, pairs or just by asking a volunteer to come to the front to demonstrate)

(NB. The trick is to tightly roll the paper into a tube about an inch or so in diameter. Now the paper will have no problem holding up the book.)

Sometimes we don't think we have what it takes to be courageous and do the right thing. But just like the paper, we can turn our weaknesses into strengths if we work on it and create the backbone needed to hold up under pressure.

### Step 2. Round

Think about the activity we have just done.

What were your first thoughts when I explained the challenge?

Were you afraid to give it a go?

Do you think you have more courage than you think?

Is the paper stronger than it seems at first?

The next time you are fearful, will you remember how the paper rolled into a core and became stronger?

**Trigger statement:**

You have more courage than you realise, once you start to use it.

**Step 3. Open Forum**

In talk partners have a debate based on the trigger statement. Can you think of a time when you have had to use your courage in a new situation or at a tricky time? Can you be brave and come to the front to share your account of that experience with the whole class?

**Step 4. Celebration**

Unroll the paper which held the book and choose a Bible verse to encourage you to have courage. Write it in colourful letters and turn it into a pillar poster!

"Courage!" Jesus said. "It is I. Do not be afraid!" (Matthew 14:27)

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9)

"Be strong and courageous." (Deuteronomy 31:6)

"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!" (Psalm 27:14)

"Be strong, and let your heart take courage, all you who wait for the Lord!" (Psalm 31:24)

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10)

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)

**Step 5. Ending Ritual**

Use the pillars of courage that you have created, write a prayer asking God to give you courage in difficult situations.

**Resources:**

An A4 piece of paper and an exercise / reading book.