

CIRCLE TIME: YEAR 3/4

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

If your school has a prayer garden with a pond go at have a look at the reflections and take some photographs. If not, use the pictures /artwork provided below in the resources section.

Ask children to draw the reflection; first show children a picture of some mountains and ask them to draw the reflection or the image that would reflect back if those mountains were stood at the edge of a lake.

Step 2. Round

Trigger statement:

"Reflection means looking closely and noticing what bounces back"

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 on a small beach at the edge of a river. You can smell the fresh leaves and feel the warm sun on your skin. Now imagine that you can hear a bird singing and the gentle lapping of the river as it slowly passes where you are sat. Imagine the reflections of the trees and clouds above. As you look closer into the river you see your own reflection too. Think about the things you have done today, some of them will have been good and go on to bless others, some of them will have been less good and you would not choose to them again. You have the God given gift of reflection and you always have a choice about what to be proud of and what to ask God's help to improve upon."

"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

Create artwork based on reflections, using the ideas in the pictures below or your own research. Could children create a reflection of a heart, what colours would it be? What would those colours or images drawn represent? Kindness? Generosity? Celebrate the children's artwork by displaying it somewhere and asking children to reflect on it throughout the weeks of the virtue focus.

Step 5. Ending Ritual

In small groups or as a class sit or stand around the mirror. Take it in turns to step forward and look into the mirror, saying what you see about yourself e.g. I see someone who is kind. I see someone who is a good friend. I see someone who is working on being more patient.

Resources:

Large mirror (or class set of individual mirrors).

Art work or photographs that show reflections. Possible suggested links;

<https://fineartamerica.com/art/paintings/reflections>

<https://www.jacksonsart.com/blog/2016/08/05/art-reflection-competition-winners-announced/>

<https://artuk.org/discover/stories/reflections-on-the-mirror-in-art>