

# CIRCLE TIME: YEAR 3/4

## 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**

In groups or pairs play a game of giant Jenga or a similar balancing game using dominoes or classroom resources. Pupils either have to take it in turns to remove or add an item to the balanced pile!

Explain that pupils have been using their physical self-control to carefully think about and gently touch each piece – we use our mental and emotional self-control on a regular basis too!

### **Step 2. Round**

Lead a discussion about ways we use our self-control every day (e.g. turn taking, sharing, not making personal remarks about people)

### **Trigger statement:**

Imagine you could not control anything you said or did...

### **Step 3. Open Forum**

In talk partners have a debate based on the trigger statement. One person should argue that self-control is not important, one person should argue that it is. If pupils feel able to, they could lead their debate from the front of the classroom and the class can vote for which argument is most convincing.

#### **Step 4. Celebration**

Ask each pupil to nominate an example of self-control that they have witnessed this week; either verbally or ask them to write it on a piece of paper.

I noticed ..... using self-control when.....

#### **Step 5. Ending Ritual**

Gather together all the nominations for self-control that the children have witnessed. Praise those children who have both been noticed and successfully noticed self-control in action!

#### **Resources:**

Giant Jenga blocks or dominoes, or other equipment that can be balanced.