

CIRCLE TIME: YEAR 5/6

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

Using Post-it-notes or slips of coloured card. Write an affirmation – describing something someone is good at - but don't put their name on it, e.g. "*You are good at football.*" "*You are kind*". Put all the names together in a hat and then get volunteers to pick one out and see if they can match it to a person in the room. It doesn't matter if it is the right card matches to the right person, just that everyone is given a little more confidence in something that they can do.

To extend this game: Ask children to play trade-trade with the coloured cards. Find someone who is good at something similar to you? Someone who is good at something different? etc.

Step 2. Round:

In small groups, ask children to talk about something that they used to get nervous about (e.g. playing an instrument in assembly, riding a bike, meeting new people) that they now feel more confident to do.

In these small groups, plan an activity that you could do with the younger children in the school, either to boost their confidence in themselves or to learn a new skill. Explain that we will get the opportunity to do this activity with the younger children, so pupils need to think carefully about how why and how they can build their confidence.

Trigger statement:

My confidence comes from God and I can instil confidence in others...

Step 3. Open Forum

Popcorn sharing – call out words / phrases that we can use to encourage confidence. *E.g. "Well done, great, I can tell you have been working on that".*

Popcorn sharing – call out words that destroy confidence. *E.g. "Well done, great, I can tell you have been working on that".*

In pairs, take it in turns to say something that you are good at and the other person to encourage.

Step 4. Celebration

Find a suitable time to visit EYFS or KS1 in small groups, to teach them a skill. If the timetable doesn't allow for this, then pupils could run a small sports / friendship games activity outside during the lunch hour.

On the return to the classroom, as pupils to talk about how they saw the younger children's confidence increase as they learned and practised the new skill.

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:

Time / resources for the skills with younger children group activities.