

# CIRCLE TIME: YEARS: 5&6

## Virtue 4 – Autumn 2 – Patience:

**I have self-control and can wait calmly even when things are difficult.**

### **PSHCE:**

Learn to respect the differences between people.

### **Knowledge:**

Know that patience is quiet hope, trust, and expecting things to turn out all right.

Patience is doing something now so that it will later bear fruit. Patience is a commitment to the future.

### **Skills:**

Demonstrate patience, acceptance and respect for others. Show self-control and react calmly when things are difficult.

### **Attitudes:**

Consider their developing self-control when dealing with responsibilities at school, with friends and within the family. People practice Patience, they wait without complaining.

### **Statements for Assessment:**

I appreciate that I have a responsibility to show patience with others, at home, in school and in the wider community.

I can wait patiently.

I can show self-control.

I can treat other with gentleness even during disagreements.

### **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 pairs, children study the appearance of their partners, then turn back to back and slightly alter their appearance, e.g. push up sleeve, roll down sock, unbutton cardigan. They then face each other again and try to guess what change has been made.

### **Step 2. Round**

Discuss what 'self-control' means. Do they have any ideas?

Explore with the children how they have to think before reacting because sometimes what they want to do is not the right thing to do. Have their teachers or parents ever asked them to count to ten before responding to what someone else has done or said?

That is because it is important to think before we react. Just taking ten seconds can help us think about how we are feeling and thinking, calm ourselves, if necessary, then we can control how we respond. In talk

partners ask the children to discuss what strategies they use when they are feeling impatient and which help them to maintain self-control.

**Trigger statement:** I need patience when...I will show self-control by

**Step 3. Open Forum**

Ask children to close their eyes and imagine the Nativity – who had patience – explain how you know this.

**Step 4. Celebration**

Nominate someone in class who demonstrates self-control and patience.

**Step 5. Ending Ritual**

Play Take That – Patience

<https://www.bing.com/videos/search?q=patience+take+that&&view=detail&mid=598CB7EB31A1CC8B69A3598CB7EB31A1CC8B69A3&&FORM=VRDGAR>