

# CIRCLE TIME: YEAR 5/6

## 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

We are going to experience a moment of reflection together but individually now.

Invite children to sit in a comfortable position. Use the following steps to prepare children for a time of reflection. Play quiet music (optional).

"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."

## Step 2. Round

### Trigger statement:

"Reflection means looking closely and noticing what bounces back"

## Step 3. Open Forum

Listen to the chorus from, "Man in the Mirror." (Michael Jackson) and put up on the smartboard / print out the lyrics for children to consider;

*I'm starting with the man in the mirror  
I'm asking him to change his ways  
And no message could have been any clearer  
If you wanna make the world a better place  
Take a look at yourself and then make a change*

Ask children in pairs or small groups to consider these questions;

Who is the person in the mirror?  
What kind of ways might he need to change?  
If you were the person in the mirror, what would you see?  
What would you want to change?  
What would you see that brings a smile to your face?  
What would God see when he looks at you?

## Step 4. Celebration

Write your own reflective lyrics; either as a separate poem or as the next verse after this chorus. Use the lyrics to comment on your own reflections about yourself, your learning or your understanding about the natural world.

## Step 5. Ending Ritual

Using a small circle of tinfoil, or silver backed paper, make a pocket-sized mirror with a border of words. Words of affirmation and resolve to reflect on the choices you make and the person you can become.

### Resources:

Tinfoil  
Interactive whiteboard