

CIRCLE TIME: YEAR 5/6

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 the hall or outside in the playground, have some races (i) running (ii) hopping (iii) balancing a beanbag on your head.

Explain that some people are naturally good at winning races and some people have to train their bodies and minds to be good at winning races.

Step 2. Round:

Show the picture below (under resources) or another depiction of early athletic games.

St. Paul described the importance of self-control over our minds and bodies and compared it to the Olympic games.

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. **1 Corinthians 9.24-27**

Trigger statement:

Self-control is for the mind what training is for the body.

Step 3. Open Forum

Set up small group debates in which two teams argue for or against one of the following statements;

Self-control is more important than generosity.

Self-control is really just patience.

I am the only one who can control myself.

Being self-controlled can help me to do the right thing

Step 4. Celebration

Think of something you have achieved that you could only do because you used your self-control (waited until Easter to eat your chocolate eggs, finished a difficult project, held back from saying something unkind). Repeat to yourself, "I **can** use self-control before I react and choose how to respond."

Step 5. Ending Ritual

Make a laurel winners wreath and write the virtue "self-control" or an example of self-control, on each leaf. Wear the laurel crowns throughout the day to remind everyone to practise and celebrate self-control.

Resources:

Green card, to cut into leaf shapes and staple into crowns to make laurel crowns.