

# KINDNESS CIRCLE TIME: UPPER KEY STAGE 2

## Virtue 10 – Summer 1- Kindness –

I show kindness when I think about how other people feel and I choose to do something good to bring help, comfort or happiness. I choose to be kind because I see that everybody and everything is part of God's creation.

### **Knowledge:**

Know that every act of kindness helps build God's Kingdom. I know we have a duty to be kind and follow Jesus's example. I know it is important to be kind to myself.

### **Skills:**

Be able to identify situations where kindness is required. Become skilled in deciding the type of act that is required in different situations.

### **Attitudes:**

We are called to be kind to others because God is kind to us. Appreciate that we are all made in God's image. Small acts of kindness have a positive impact on the world – the ripple effect

### **Statements for Assessment:**

I look for ways to help others by following the example of Jesus  
I show kindness to any person or animal I see  
I look for ways to care for God's creation  
I share what I have with other people  
I am kind to myself

### **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. Kindness Fruit Salad**

Tell the children that you're going to play a game that celebrates all of the kindness in the classroom today. Reassure the children that this isn't a competition and they won't have done all of these things today but they might have done one or two. Also tell them to be listening carefully as it might give them some ideas of things they could do later! Everyone sits in a circle. You will read out one of the statements below and give the children a few seconds to think about it, ask them to think of an example as you might ask them to share these later. If the statement applies to the

child they stand up. Everyone who is standing up then swaps places. At this point you might ask them to share their example before reading out the next statement.

- Move places if you have:
- held open a door for someone today
- said thank you today •given someone a smile today
- received kindness from someone today
- written a letter to someone in the past week
- tidied your room without being asked in the last week
- helped somebody carry a heavy bag today •given someone a compliment today
- asked a question and listened carefully to the answer
- received kind words from someone else today
- been kind to yourself (maybe eaten some healthy food, exercised, taken some calm down time or used kind words to yourself)
- given someone a gift today
- said some words of encouragement today

If you do this activity part of the way through the day, you can then reflect on how there's still lots of time left in the day to carry out lots more acts of kindness!

### **Step 2. Round**

Giving a Kindness trophy Tell the children you are going to have an awards ceremony and they are all going to give and receive a trophy. Use a plastic trophy, medal or cup if you have one, if not you can mime having a big heavy trophy! Sit in a circle and tell each child that they are going to give the person sitting on their left an award. They will say what they think this person has done to deserve an award as they pass it round. Examples might include, 'I'd like to award this trophy to Jack for being kind when he invited me to his house when I felt I had no one to play with' or 'I'd like to award this trophy to James for being a supportive friend'. Pass the trophy/cup around and ask each child to present it to the person sitting on their left and tell the class what it is for.

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

#### **Trigger statement:**

My friend had a problem, her parents were splitting up, but I didn't know how to respond. What could I have done? The children come up with different ideas of how they could comfort someone – show them they care -

### **Step 4. Celebration**

I'd like to say 'Thank you' to .... Sit in a circle. Have a small ball that you will roll to any child who wants to share. Begin by telling the children that you'd like to say thank you to someone. Give an example using the sentence structure 'I'd like to say thank you to.... for....' Ask children if they'd like to say thank you to anyone in the circle? When a child puts their hand up to share, roll the ball to them, hear their thank you, then get them to roll the ball back to you. Examples might include, 'I'd like to say thank you to Sam for asking me to play with him today' or 'I'd like to say thank you to Tim for helping me when I fell over.'

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

Complimentary Notes

Post its left around the classroom, Smile-a-gram, Thank you note