

SIMPLICITY CIRCLE TIME: YEAR: 3/4

Virtue 6 (Spring 1): Simplicity:

Simplicity means I am thankful. I use only what I need. I know that simple things can make me happy. Living simply gives me time to think and care for God's Creation.

Knowledge:

Develop understanding of different types of relationships – understand that when we live simply we put trust in God.

Skills:

Find joy in the simple things in life. Find joy in nature and find joy in friendship. Treat the world with respect.

Attitudes:

Appreciate different ways of loving and its importance to a range of relationships.

Be open to the wonder and beauty in the world.

Trust that God will meet all of my essential needs,

Have the confidence not to follow the crowd

Statements for Assessment:

I know that the world is full of amazing and wonderful things.

I know that I must develop an effective, caring relationship with the planet.

I am able to see things from different points of view.

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

"A Chill Out Activity " – On the Beach.

What to do – Children sit in a circle. Children close their eyes and imagine they are walking on a beach which is made up of tiny pebbles. They hear the pebbles scrunching under their feet with each step they take. (Shake a rain stick to make appropriate sound). Can they feel the tiny pebbles between their toes? Imagine what they feel like.....It is warm and sunny. Think of the sun on your face.....Imagine its warmth. Now think of it on your back, feel the heat as you walk along....You can see the blue sea, twinkling and glittering in the sunlight...Imagine that you are walking down the beach to the water's edge (Shake the rain stick to stimulate walking on the pebbles). You are near the sea now. You can feel the breeze from it gently wafting over your body. Can you taste the salt in the air? You can hear the waves rolling in and then the wave trickling back out again (Tip the rain stick slowly to make this sound.) Breathe in and out to the rhythm of the waves. You feel warm and relaxed. Think of a gentle thought that makes you feel; warm inside, like stroking a cat, cuddling someone you love, watching a happy television programme.....The beach scene is going to fade away gradually but no one can take away your special thought. Tuck that special thought into your memory box. You

can get it out in your mind if you ever need to cheer yourself up. Now I want to open your eyes and smile at as many people as possible. (*More Quality Circle Time - Jenny Mosley LDA*).

Step 2. Round

The teacher discusses with the children what they felt during that game/meditation, the wonder and beauty in the sea, in my special thought, in the sounds.

Trigger statement:

I see beauty and wonder in.....

Step 3. Open Forum

To support children new to Circle Time the teacher can prepare a simple role-play of a child asking for help.

Teacher in role:

Some of the children in my class seem to be able to see the beauty and wonder in the most ordinary things, things that we see every day. I've often heard other children say about a butterfly or snail they have seen, "Wow, look at that! Isn't it incredible". I just can't seem to see the beauty in the ordinary things around us. I'd really like to wake up to the wonder and beauty of it all. Can you help me...

The children respond "Would it help if I?" or

"Would it help if you?" or

"Would it help if we?"

[As soon as you think your class are ready children in class can request help from their peer group]

Plan, do and review (The teacher can be included here!)

Step 4. Celebration

Would anybody like to nominate someone who has really appreciated something 'simple' in the last few days.

Let's give them a silent cheer.

Step 5. Ending Ritual

Pass a 'thumbs up' sign around the circle and say, "I think you're wonderful!!"