

Circle Time

One of the most important factors in supporting children in returning to school after lockdown is giving opportunity to talk, share and connect with each other.

- **Think routine:** Have a regular agreed time
- Set ground rules at the start
- Plan ahead to meet the needs of the group
- Most effective as an embedded whole school approach



Circle time ideas:

Circle time creates a wonderful learning opportunity for all ages: enhancing emotional literacy, negotiation skills and experiential learning of being supported by peers

It can even be offered over video

- **Create a safe space** use a consistent method to mark the start and end
- **Plan:** Have a circle time basket with resources to hand to flex to the groups needs. Song sheets. Puppet. Props. Books. Activity ideas
- In COVID: Each pupil could have their own circle time resource bag
- **Think emotional regulation** across the group - do they need calming or activities to become more alert - end on a calming activity
- **Structure** - Agree rules. Create a circle. Allocate time appropriate to age. Keep it short and build up over time. Don't overrun
- **Engagement** - choose activities so all get involved, fun warm up activities. Consider children's individual sensory and emotional needs
- **Challenge** - choose activities to match the needs of the group.
- **Nurture** - help children be respectful and kind and to listen to each other
- **Scaffold** - the more regularly circle time is used the more successful it will be. It will enable more challenging conversations and can be used outside of the timetabled time to resolve specific issues.
- **Stay calm to bring calm** - be aware of your own emotional regulation - body language and tone of voice. Notice positive behaviours.

These links have great tips whatever the age:

- www.circle-time.co.uk
- www.unrwa.org/sites/default/files/introducing_circle_time.pdf
- <https://www.notimeforflashcards.com/2015/06/how-to-save-circle-time-ideas-for-preschool.html>