

Adult Guidance and Ideas for Circle Time

This pack includes a selection of resources that can be used during **circle time sessions**. Use the activities that you feel are most suitable for your group of young people. There is no expectation to complete the whole pack.

There are some things you might like to consider during **circle time sessions**.

Please speak about and discuss these with the young people in your group.

Circle Time Ground Rules

- Show people you are listening to them by focusing on them when they are speaking.
- Only speak when you are holding the talking object.
- Treat all those who are a part of the circle with kindness and respect.
- People can say 'pass' if they would rather not contribute to the discussion.
- Personal issues and experiences are not disclosed or discussed during the session.

It can be helpful to start circle time with an activity that helps everyone feel comfortable, relaxed and connected to the other members of the group.

Ideas to Start the Session

1. Ask everyone around the circle to say hello.
2. Ask everyone to go around the circle and share something that they are proud of today.
3. Encourage young people to high-five, fist-pump or shake hands with the person on their right until the circle is completed.
4. Ask each young person to use an adjective to describe themselves. For example, 'I am joyful Josephine.'
5. Ask each young person to say what they are looking forward to in this circle time using the sentence starter, 'I'm looking forward to circle time today because...'

Adult Guidance and Ideas for Circle Time

Ideas to Finish a Session

1. Ask each young person to say what they have enjoyed in circle time today using the sentence starter, 'I have enjoyed circle time today because...'
2. Ask young people to describe themselves using only colours. The colours do not have to be linked to specific emotions so it is not about young people choosing a certain colour linked to a certain feeling but instead thinking about what colours they would use to summarise their emotions.
3. Ask young people to finish the sentence, 'I am proud of myself today because...'
4. Support young people to share something positive that they noticed about someone in the group today using the sentence starter, 'I noticed you today when...'
5. Ask each young person to create and share a positive affirmation that they will use today. Start with yourself and give an example such as, 'Today, I will show kindness to others by checking if they are OK.'

Activities Included in This Pack

Feelings Jar Craft Activity

This activity is a way to express how young people are feeling. They can use craft materials of different colours and textures to represent their feelings. If they would like to share their jar and their feelings with the group, please support them to do so.

Express How You Are Feeling Activity Sheets

This activity is an opportunity for children to reflect on their feelings and answer some questions included on a bingo-style sheet. Young people can then discuss their ideas. They can use these to think about whether they have similar feelings, reactions or tools that help them to manage their emotions.

What Can I Do? Slips

Young people can either use the completed example slips as discussion points or anonymously write something that they are finding difficult. They can add the completed slip into a central pot to be chosen and read out by someone. As a group, they can give advice and share ideas that people might like to try or find useful.

How Are They Feeling? Photo Cards

A series of photos showing a variety of feelings is presented to young people in the group. They have the opportunity to identify a feeling, think about what people might say, how their body language might be used to show that feeling and how sharing those feelings might help to manage them.

Adult Guidance and Ideas for Circle Time

How Feelings Affect Me Activity Sheet

Body language is a way of expressing how people feel. Young people can take some time to reflect on a feeling and how that feeling is expressed and felt throughout their body and mind. They might like to share their completed activity with others in the group.

Moving From Uncomfortable to Comfortable Feelings Flashcards

This activity helps young people to think about what strategies might help them to move from a difficult, uncomfortable feeling to a more comfortable one. They can add ideas that have proved helpful to them in the past or think about new ones that they might like to try. By sharing these ideas as a group, people can develop more ideas that may be helpful to themselves and others.

Sharing Feelings Hands Activity Sheet

Young people will draw around their hand and then add their feelings to the base of each finger, identify who they would like to share that feeling with on the knuckle of the finger and add what they think they would feel like once those feelings are shared to the fingertip.

Sharing Feelings Role-Play Activity Sheet

This activity encourages young people to reflect and think about a feeling and then think about how people might express and show it. They will need to think about the words people may use, the tone and volume of their voice and how they use their body language. They will use these reflections to create and perform a role play for others.

Sharing Feelings Scenarios

Several scenarios can be read aloud in pairs or as a whole group. The characters can be discussed and the following reflected on:

- how they are feeling
- how they are showing those feelings
- how their body language shows their feelings
- what advice could be given to help them to share their feelings with other people

Sharing Your Feelings Challenge Cards

These challenge cards can help young people to think about feelings, how they can be expressed, shared and made more comfortable. They can also be used to prompt discussions in groups.