



## Circle time

### Session 1

Learning objectives: To explore different emotions.

Session Objective: I can tell you how I felt during lockdown.

Key Vocabulary: Calm, happy, frustrated, lonely, angry or pick out some of the more unusual ones off the first emotions wheel.

<p>Welcome &amp; check in. 5-10 minutes</p>	<p><u>Welcome</u> Welcome the group and go through the learning objective.</p> <p><u>Circle time rules</u> Remind the children of circle time rules. Have a printed copy of the rules up for prompting throughout the circle time. Remember, if passing the stones I made, children need to wash hands before and after the session.</p> <p><u>Emotion Wheel</u> Look at the emotions wheel A4 word document; to check in how everyone is feeling today. Ensure the whole group understand each of the emotions.</p>
<p>Warm up 5 minutes</p>	<p><a href="https://www.youtube.com/watch?v=ABPOj3wSrvI">https://www.youtube.com/watch?v=ABPOj3wSrvI</a> Either close your eyes or watch the patterns. Breathing calmly in through your nose and out through your mouth. Play for 5 minutes and fade music out.</p>
<p>Activity 20 minutes</p>	<p>Today we are going to talk about the feelings and emotions we felt during lockdown. The lockdown interactive wheel has several emotions/feelings on including other for any they may have had not listed. <a href="https://wordwall.net/resource/2692210/pshe/wheel-lock-down">https://wordwall.net/resource/2692210/pshe/wheel-lock-down</a> Some of you have still been coming into school, while some of you have been at home. How did each of you feel?</p> <p>Listen to each of the emotions the children say, focus on one or two of the most frequent ones (or unusual ones). Explore why people may have been feeling this way. (Not allowed out, not seeing family or friends, being stuck in with parents, having to do school work at home....) Talk about how people expressed their emotions/feelings</p>

	<p>Ask if it's ok to feel these emotions? Validate that it is perfectly to feel any of the emotions expressed. If necessary talk about behaviours that are not acceptable, i.e. Angry-hitting, explore safe ways to express anger.</p> <p>Talk about if anyone is feeling unsettled always talk to someone, write it down if they feel they can't express how they are feeling.</p>
Relaxation 5 minutes	<p><a href="https://www.youtube.com/watch?v=DGIXT7ce3vQ">https://www.youtube.com/watch?v=DGIXT7ce3vQ</a></p> <p>Beach calming music with scene. Either close your eyes or focus on either the screen or somewhere in the room. Breathing calmly in through your nose and out through your mouth. Play for 5 minutes and fade music out.</p>
Review 5-10 minutes	<p>Reinforce that in these uncertain times we are all going to feel a wide range of emotions, that it's perfectly normal. By talking about these feelings and emotions it gives us validation, understanding and resolution.</p>
Resources	<p>Emotions stone if using Emotions wheel A4 word document displayed on interactive board Speakers to play music through YouTube installed for relaxation music &amp; video Interactive emotions wheel link above</p>