



## Circle time

Session 2

Learning objectives: To explore different emotions.

Session Objective: I can tell you how I feel about returning to school.

Key Vocabulary: Optimistic, trusting, guilty and accepting

<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 using the emotions stone I made, the children need to wash their hands before and after the session.</p> <p><u>Emotion Wheel</u> Look at the emotions wheel (A4 word document); check in how everyone is feeling today. Ensure the whole group understand the emotions on the wheel and the key vocabulary above.</p>
<p>Warm up 5 minutes</p>	<p><u>My Rules!</u> One child goes to a far corner in the room and covers their ears looking away from the group, the rest of the children think of a new rule (this has to be done quietly), e.g. cross your legs when answering a question or only use words starting with the first letter of your name. When a rule has been decided upon, the child re-joins the group and has to guess the secret rule by asking questions and watching the other children play.</p> <p><b>Learning Objectives:</b> self-confidence, working together, problem-solving, following instructions, cooperation, communication, creativity</p>
<p>Activity 20 minutes</p>	<p>Today we are going to talk about the feelings and emotions we feel about returning to school.</p> <p><a href="https://wordwall.net/resource/2690796/pshe/emotions-wheel-returning">https://wordwall.net/resource/2690796/pshe/emotions-wheel-returning</a></p> <p>Some of you have still been coming into school, while some of you have been at home. Now we have returned it's all very different. (Different class, teacher, children, rules, playtimes)</p> <p>How do each of you feel?</p>

	<p>Do you understand why we have these rules? Who has set these rules?</p> <p>The lockdown interactive wheel has several emotions/feelings on including others, for any they may have had not listed.</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....)</p> <p>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. (It's ok to be angry but it's not ok to be unkind/hurt someone or use bad language) 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>
<p>Relaxation 5 minutes</p>	<p><a href="https://www.youtube.com/watch?v=cC9r0jHF-Fw">https://www.youtube.com/watch?v=cC9r0jHF-Fw</a></p> <p>An underwater relaxation clip. Either close your eyes, focus on the fish 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>
<p>Review 5-10 minutes</p>	<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>
<p>Resources</p>	<p>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 Emotions stone if using</p>