



Circle Time Training



Save the Children®

AGENDA

- Introductions & Icebreakers
- Purpose of Circle Time
- Video: What is Circle Time?
- Strategies
- Schedule & Activities
- Weekly Curriculum
- Materials Needed
- Questions

Introductions & Icebreakers



Ice Breaker

- Choose a memorable (or perhaps your favorite!) children's song or nursery rhyme.
- Once you have it, sing/say a line of the song/poem to your neighbor and then it's their turn to continue onto the next line.



The Purpose of Circle Time

Purpose

- A time to connect with your class and reflect as a group.
- Wonderful opportunity to share short & meaningful learning experiences.
- A space that allows children to share thoughts and ideas with classmates.
- Practice in turn taking, learn respect for others opinions, and understand the need for rules.
- Promotes many key areas of development for children, including:
 - social-emotional,
 - physical,
 - cognitive,
 - and language development.

What is Circle Time?





Strategies to Facilitate Circle Time

Strategies

- Circle time should be very short.
 - Depending on ages and attention spans, plan for 15-20 minutes. 30 minutes max.
- Remember, not all children will be ready or willing to join activities.
- Provide opportunities for children to sing, dance, and move.
- Teach them finger plays and simple poems, and plan lots of activities that match their interests.
- Be prepared. Prepare all materials and select the activities, songs, or books ahead of time, to minimize transition time and hold children's attention.

Strategies Continued

- Conduct circle time daily to help create routines.
 - Morning is a great time to start the day together!
 - Or, another time in your day when you come together before or after a transition.
- Sing a certain song or say a poem to notify children when it's time to go to circle time.
- Use visual boundaries to show children where to sit – place a throw blanket on the floor, use individual carpet shapes, or a large rug
- Conduct circle time in an area with plenty of space for the children to move around safely.



Circle Time Schedule & Activities

Circle Time Schedule

- Prior to beginning, make sure all materials are out and prepared. All items should be put away after each session.
- Announce circle time (i.e. sing or play a song).
- Welcome all kids to circle time.
 - If parents or others are present, encourage them to attend and participate.
- If it's a small group or if time permits, children should introduce themselves.
 - Introductions are a great opportunity for kids to build confidence and practice English.

Schedule Continued

- After welcome and intros, begin with Learning Activity Center:
 - ❖ Today is...
 - ❖ Days of the week...
 - ❖ The weather today is...
 - ❖ Letter of the day (letter, sound, words)
- All activities can and should adjust based on age and level.
 - Example: “Today is X” can expand to include “yesterday was X” and “tomorrow is X.”
- Reminders:
 - Use manipulatives for each step of circle time.
 - Movement, hands-on and lots of participation are key!

Schedule Continued

- Colors – go through the rainbow.
 - ❖ Use tangible examples to showcase one color
 - ❖ Example: Color purple, have purple manipulatives & find the color purple throughout the room and/or space
- Shapes – go through all the shapes
 - ❖ Use tangible examples to showcase one shape
 - ❖ Example: Circle, have examples of circles to show
- Counting 1-10
 - Use manipulatives!
- If time permits, review the calendar & rhyming words.
- End Circle Time with Movement & Mindfulness (examples next!)

Flower and Candle

Movement & Mindfulness Exercise

- This is a simple exercise that encourages deep breathing – a way to relax.
- Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.
- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat 3-5 times.

Parachute Activity: Exploring Emotions

Movement & Mindfulness Exercise

- Ask the children to stand up and grab hold of the parachute with both hands/
- Ask them to shake the parachute up and down very slowly. Ask the group how the parachute moves when it is feeling: happy, angry, excited, scared, sad.
- After doing the movement for each emotion, tell the participants that just like the parachute, people have lots of different feelings.
- Sometimes when we feel big feelings, it helps to take some big breaths.
- Breathe in and lift the parachute, Breathe out and lower the parachute.
- Repeat this a few times.
- Sometimes it helps to wiggle and dance around.
- Allow the group to shake out the parachute.
- End the session with 3 big breaths, gently lifting the parachute.
- Leader collects the parachute & cleans for the next group.

Feather/Statue

Movement & Mindfulness Exercise

Leader to give the following instructions to the group to practice this muscle relaxing activity:

- Pretend you are a feather floating through the air.
- Pretend you are a feather floating through the air for about ten seconds.
- Suddenly you freeze and transform into a statue. Don't move!
- Then slowly relax as you transform back into the floating feather again.
- Repeat, making sure to finish as a floaty feather in a relaxed state.

Blowing Bubbles

Movement & Mindfulness Exercise

- Instruct the participants that you are going to pretend to blow bubbles.
- Have the participants take in a deep, slow breath, and exhaling steadily.
- Once the participants have taken a couple of breathes let them know that you will now pretend to fill a bubble.
- Have the participants take a deep breath in and when they blow out they will fill a big bubble.
- Once the bubble is full they can let the bubble go and fill another bubble.
- Imagine each bubble floating to a safe place
- Repeat this 2-3 times
- Encourage them to pay attention to the bubbles as they form, detach, and float away.



Weekly Curriculum

Program Curriculum

- Each day, students will learn one new letter.
- Each week, focus on just one of the following:
 - one shape,
 - one color, and
 - one breathing or movement activity.

Weekly Program Curriculum

Weeks 1 & 2

WEEK ONE

Letters: C, M, A, T, S, R, I

Shape: Circle

Color: Red

Close: Flower and Candle

WEEK TWO

Letters: P, B, F, O, G, H, I

Shape: Triangle

Color: Orange

Close: Parachute Activity – Exploring Emotions

Weekly Program Curriculum Cont'd

Weeks 3 & 4

WEEK THREE

Letters: U, L, D, W, E, N, K

Shape: Square

Color: Blue

Close: Feather/Statue

WEEK FOUR

Letters: Q, V, X, Y, Z, C, M

Shape: Oval

Color: Yellow

Close: Blowing Bubbles



Suggested Materials

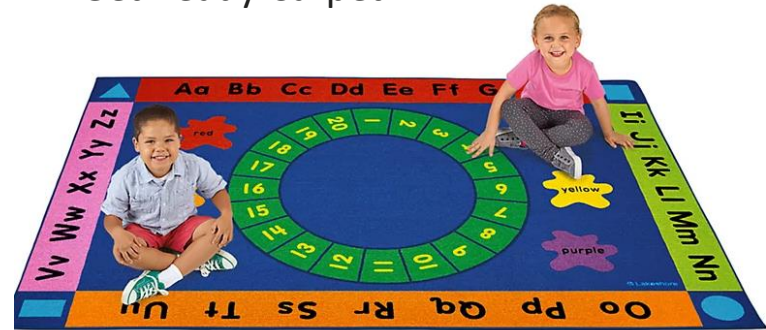


Suggested Materials

Circle Time Learning Center



Get Ready Carpet



Manipulative Center



Counting Cones



Parachute





Questions?



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THANK YOU



Save the Children