CHILDREN'S WELLBEING

# Circle Time Starter Cards

Print on card, cut out and laminate. For 1st to 6th class.

## Our Circle Rules

- One voice at a time.
- Hold the talking piece to speak.
- You can always say "pass".
- Listen with your eyes and ears.

02



Something that made me smile this week was...

03



A small thing that helps me feel calm is...

04



A good friend is someone who...

05



I felt proud when...

06



My favourite place in our school is...

07



Something I'm looking forward to is...

08



One way I can help someone in our class is...

09



When I feel cross, I can...

10



A kind thing someone did for me was...

11



If I could teach the class one thing, it would be...

12



One word for how I feel right now is...

TEACHER NOTES

# How to Run Circle Time

About 10 minutes, once a week. Sit so everyone can see each other.

1

## Sit in a circle

Chairs or floor. Hold up the talking piece and go over the Circle Rules card.

2

## Warm-up round

Start with an easy card, like 02 or 07. Go around in order. You go first.

## Good to know

- Start with 5 minutes and build up.
- One card per circle is plenty.
- Talking piece ideas: a beanbag, a shell or a soft toy.
- Give children who passed another chance at the end.

3

## Main round

Pick one card. Pass the talking piece around. Anyone can say “pass”.

4

## Closing round

Finish with card 12: one word for how you feel now.

## If a child shares something worrying

Thank them, move the circle on gently, and talk to them privately afterwards. Follow your school’s child safeguarding procedures.

## Blank cards for your own questions











