

### Activities:

#### Circle time sessions outdoors

- Include circle time sessions at least once a week to build relationships, confidence, share feelings and improve overall wellbeing
- Start out with a circle time game of your choice
- Ask questions about the Gruffalo linked to feelings and encourage the children to share their own feelings
- Finish the session with another game
- (You may wish to use wipeable outdoor cushions for the children to sit on)



### RESOURCES:

- Gruffalo Story
- Wipeable outdoor cushions
- Listening ears

### CfE

I am aware of and able to express my feelings and am developing the ability to talk about them. **HWB 0-01a**

I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. **HWB 0-02a**

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances. **HWB 0-03a**

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. **HWB 0-04a**

### General questions:

- Would you rather be a snake or mouse etc...?
- Who's your favourite character...?
- What is your favourite animal...?
- Tell me more about...e.g. why the fox has red fur...
- What might the fox like to eat...?
- What is your favourite food...?
- Where might the mouse live...?
- Where would you love to live...?
- What do you like to do in the woods...?
- What do you like/not like about the woods/beach...?
- Etc etc

### Feelings questions:

- Ask how different characters feel at different parts of the story... and encourage children to share when they have felt happy/scared/sad/angry etc
- Ask what the characters might do to make them feel better... e.g. tell an adult, play with a friend etc
- How do we know how the characters are feeling...? Discuss facial expressions/body language etc...
- How can we help someone who is feeling sad/upset/angry etc...?
- Etc etc

### Games:

- Retell the story round the circle - change to a new 'storyteller' when the teacher claps his/her hands
- 'Gruffalo bowl' (same idea as the fruit bowl game but use Gruffalo characters instead)
- 'Gruffalo, Gruffalo, Mouse' (same as Duck Duck Goose)
- 'I went on a Gruffalo adventure and put my... in my bag' game
- 'I spy with my little eye...'
- 'Pass the rhythm' - copy patterns of clapping/tapping etc
- 'Act the emotion' - show a picture to a child and they act the emotion whilst the others guess what it is
- 'Pass the smile' - start with teacher and pass a smile or other emotion round the circle one person at a time (similar to 'chinese whispers')

### CfE - continued

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. **HWB 0-05a**

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. **HWB 0-06a**

I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. **HWB 0-07a**

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support. **HWB 0-08a**