

CIRCLE TIME

Calling the Circle

- Use a special song each week to call children to the circle. Musical instruments can be used to encourage the children to participate.

Uniting Affirmation

- Invite the “Affirmation Leader” to create an affirmation that affirms the lesson of the day or use the example listed here: My name is _____. I am filled with peace.
- The rest of the circle then affirms the first child by saying, “(Name), you are filled with peace.”
- The next child then repeats the affirmation and is affirmed by the circle. This continues until all of the children and teachers have been affirmed.

Wish You Well Board

- The “Blessing Angel” leads the blessing of all those present and all those not able to be with us today.

Sacred Breath

- The “Sacred Breath Leader” leads the group in one of the breathing exercises. This helps to bring the children into the present moment from which they can make conscious choices.

Brain Games

- Use a song from the CD, *Brain Boogie Boosters* or Brain Gym activities to help the children connect both brain hemispheres.

Love Offering

- Give the children the opportunity to give a love offering. It can be money or it can be something that they want to bless the world with. The important thing is that they give something from the heart.

Celebrations

- This is the time that we give the children the opportunity to celebrate something in their lives. It can be as big as a new sibling or as simple as the sun shining.
- Fill the bag or box with items that are festive, such as, *pom poms*, *clappers*, *noise makers*, *party hats*, *birthday stickers*, etc.

