

## Circle Activities

*Thoughts become our words; words become our actions; actions become our habits; habits become our character; and character becomes our destiny.* (Anonymous)

Formal circle time held weekly can reinforce values such as respect, active listening, sharing with one another, and leadership. Simple circle rubrics include the following:

- Sitting in a circle—which has no beginning and no end—to express that we are all equal and united with one another
- Lighting a candle and ringing a bell to signal the beginning of circle time
- Passing a “talking” symbol to the person whose turn it is to share while everyone else listens

Circle topics and activities can cover a whole range of themes that impact character development. Some of these themes are self-esteem, qualities of a friend, courage, service, respect, making a positive difference in the world, responsibility, caring for people, and taking care of the environment.

### Sample Circle Activity to Build Self-Esteem

#### Objectives:

- To encourage students to reflect on their strengths
- To help them become aware of people who love and care about them
- To encourage interaction among students, and of students with teacher

#### Procedure:

Have each person in the circle (no more than 15) draw an outline of his or her hand on a piece of paper. Then the leader gives the following instructions (pausing after each, to allow sufficient time for participants to respond):

1. In the palm of your hand, write about a time when you were really generous.
2. On your thumb, write words or a phrase that makes you feel encouraged.
3. On your index (pointing) finger, write something about yourself that you wish more people knew about you.
4. On your middle finger, write about a time when you felt really strong.
5. On your ring finger, write about something or someone you love.
6. On your pinkie (little finger), write about someone who loves you.

When all have finished the “hand,” each person shares something about an item on his or her “hand.” This continues for as long as time permits. When sharing time is over, the group joins hands and closes with an appropriate word or song.

SOURCE: Sacred Hearts Academy