



Circle Time: FEELING HEARD & LISTENED TO



SESSION OVERVIEW

This session explores the concept of feeling heard, listen to and using our Voice to share how we are feeling/asking for help.

You will need:

- A Talking Object (Teddy/ Talking Spoon/ Cushion/ etc).
- Space to form a circle (floor or chairs).

Before you get started:

- Ensure that the children are sat comfortably in a circle.
- Outline Circle Time Group Rules:
 - We listen to each other by not talking unless we are holding the talking object and looking at the person who is talking.
 - We respect each other's thoughts.
 - I can say 'Pass' if I do not wish to contribute.
- Start the Circle Time by taking a deep breath. Imagine you are smelling your favourite smell.

WHAT DO WE MEAN BY FEELING HEARD?

Pass the talking object around the circle and invite the children to share a time when they felt listened to. For example *"I felt listened to when Jen asked me how I was feeling"*. Once everyone has shared their experience, go around the circle handing the talking object around and share how it make them feel, e.g. respected, valued, important, understood.

Pass the talking object around the circle and discuss, *how can we show people that we are listening to them?* For example: nodding, making eye contact, repeating what is said, facing you with their body, etc.

WHY IT IS IMPORTANT TO USE OUR VOICE?

Share with the children that we are going to be thinking about using our voice. Remind about Circle Time Group Rules.

As a group, think about how using our voice can mean different things. We do not all communicate by talking aloud. Can you think of any other ways people communicate?

Give the children 1 minute to think about how they use their voice (wheter aloud, written, signing, etc). Pass the talking object around the circle and invite the children to share how they use their voice, e.g. to share how they are feeling, to ask for help, to share ideas.

Now invite the children to share how it feels to use our voice. Once all children have shared how it makes them feel, then summarise by discussing how using our voice can feel a mixture of comfortable and uncomfortable feelings depending on the scenario. Think about as a group how we can support each other to feel confident to use our voice.

Let's give the gift of a smile to each other to end our circle time.