

## Circle Time

A time dedicated in the week where we focus on developing children's emotion literacy.

There are five aspects to become emotionally literate. These are:

- Knowing our emotions
- Managing our emotions
- Motivating ourselves
- Recognising emotions in others
- Handling relationships

Each week we have a circle time dedicated to discussing scenarios that link to one of these areas.

We use puppets and role play, social stories, discussions and games to help us teach the children a particular area of emotional literacy.



The purpose of this dedicated time is to give children the time to reflect and practice dealing with all types of scenarios they may face in life.