

## Personal Power

*This is a flame inside all of us that enables us to make good and bad choices.*

We use sentence stems that prompt children to reflect on their choices or help them to think about how to deal with a particular situation:

“How could you use your personal power to solve this...”

“Well done for using your personal power to ...”

During Circle Time we discuss a variety of different scenarios children may face. We talk about how we can use our personal power for good and bad, and how different choices have different consequences.



## Choices and consequences

*Choices are the decisions that we make. Consequences are the outcomes of our choices.*

During circle time we have dedicated discussions where we go through scenarios that children have/ may face and discuss the different choices we can make and the consequences that go with these choices. Circle time is a special time where there is no judgement and everyone's contribution is valued.

## Circle Time

Things you could do at home to support your child:

- When a situation arises, be it positive or negative, spend time with your child reflecting on how they dealt with it. This should be a time where your child feels able to discuss what has happened with no fear of consequences for having this conversation.
- Give your child different scenarios and discuss how they could use their personal power for good.

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 time to reflect and practice in dealing with all types of scenarios they may face in life.

