

**Check in**

Aim: to all introduce to ourselves & topic of change

'My name is .... & I can trust my..... to (pet dog too/best friend too/my mum too/my dad too..)

**Overview (why are we here?)**

We are going to meet for a class circle every week until the end of term.

These circles will help us share, work together & problem solve while having fun. Help us with moving from Year 5- Year 6.

Remember our rules.

Recall the info that we collected previously- ways to stay cool with change & looking at our concerns around the change into Year 6.

This week we are going to focus on trust & communication as we will need to trust ourselves & share our thoughts with each other to be able to sue the 'ways to stay cool'.

**Mix Up:** Move places if you ..

Trust yourself to remember things you need for school  
Trust yourself to Let yourself relax & chill out  
Trust yourself to Control your feelings  
Trust yourself to Always be kind to your friends  
Trust yourself to Always be kind to your family  
Trust yourself to Always eat the right food  
Good at sharing your thoughts with close friends  
Good at sharing your thoughts with lots of friends  
Good at sharing your thoughts with family

**Main Focus**

To understand & recognise that we can all find changes difficult to cope with.

To share that changes can affect our feelings & behaviours.

What can we learn from each other & how can we help ourselves to cope better with changes?

What does trust mean? What do we mean by good communication? (listening & talking)

Talk with partner-share in circle

Going to play some games where we need to trust each other

- Pass the squeeze- trust each other to squeeze gently
- Find the partner – trust each other to not talk/play by the rules
- Make a team – people with same shoe size/people with same number of siblings/people with pets/
- Bat & Moth – importance of listening

***Share results***

**Check out**

Storm

Need blindfold/pairs cards

