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Creating a Positive Nursery

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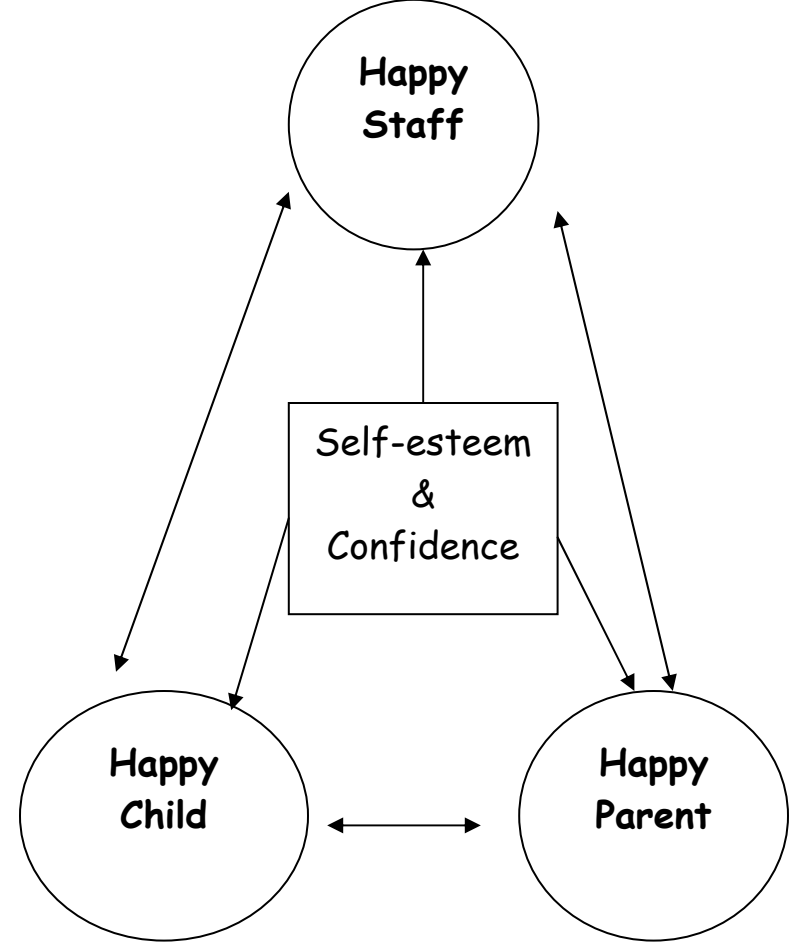
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Examples of the 5 steps

<u>Introduction</u>	<u>Opening Game</u>	<u>Main Activity</u>	<u>Rounding Off</u>	<u>Individual praise</u>
Adult says 2 names of children to change places and sit down	Involving special object My mmae is	Tell story using "story sack" discuss favourite parts etc.	Pass the squeeze or smile	"Thank you for sitting well today"
All stand, adult call out child's name, changes places and sits down. Child then swaps, sits down and so on	"my name isand I'm sitting beside...."	Use puppets to create situation (moral values) children to suggest to find ways to help	"Apples and oranges round the circle, child 1 is an apple, child 2 is a orange etc. Adult says oranges stand up, swap seat and so on	"You had good listening skills today, well done"
All stand, adult says "if you are wearing red trousers sit down"	"I'm wearing atoday"	Bring in "Ed the Ted" child describes Ed's adventures. Others could ask questions		

These are just examples, we are sure you have plenty of ideas of your own!
More ideas can be found in "Poems for Circle Times" and More Quality Circle Time

The Positive Circle



Self Esteem and morale of staff

It is impossible to expect adults to respond positively, warmly and calmly to children if they themselves are emotionally and physically exhausted and/or lacking in team spirit or support.

All adults in the nursery are seen as equal in their ability to affect each other positively or negatively. Each one of us is responsible for looking after our own mental and physical health; and collectively responsible for looking after each other.

Personal Care Plan

Think about having a personal care plan to look after your mental and physical health. It has been suggested that we have 5 "wells" and it is important to visit your wells regularly:

- Cognitive well - to stimulate your brain read a book, see a film
- Emotional well - remember to have fun during term time, not just in the holidays
- Creative well - be creative, paint a picture, write a poem

Circle Time Planning Sheet

Week beginning:	<u>Group 1:</u>	<u>Group 2:</u>
Aim:		
Adults:		Adults
Introduction:		Introduction:
Opening Game:		Opening Game:
Main activity:		Main activity:
Rounding off:		Rounding off:
Evaluate:		Evaluate:

- Encourage children to sit and remember the skills for circle time
 - Thinking - point to head
 - Looking - point to eyes
 - Speaking - point to mouth
 - Listening - point to ears
 - Concentrating - sitting up straight and folding arms
- No interrupting when someone is speaking
- Respond proactively to negative behaviour in the circle by praising a child nearby demonstrating the desired behaviour (e.g. "I like it when you sit with your feet still".)
- Five steps of Circle time
 - Introduction
 - Opening game
 - Main activity
 - Rounding off
 - Individual praise for each child
- Five steps of Circle time
 - Introduction
 - Opening game
 - Main activity
 - Rounding off
 - Individual praise for each child
- Always remember to accept all answers unconditionally
- Allow child to pass, come back at the end for another chance
- Evaluate

- Physical well- look after your body, eat well and exercise (ensure you have a lunch break). Physical wellbeing is essential to good mental health
- Spiritual well - decide on the way you want to live your life, for example your moral values

Golden Moments

This is a stress reduction strategy. It is important to make time for yourself every day. A golden moment is 5 undisturbed minutes where you well relaxed and peaceful. Examples could include a break, having a relaxing bath or sitting in the garden to unwind --or something you just enjoy doing.

Teamwork

- It is important to look after and support your colleagues. Offer help is you can - ask for help if you need it.
- Value each others strengths and respect differences.
- Remember you are responsible for you own mood. One mood can affect other members of staff, the children, and the whole nursery ethos. Adults have a responsible to model high standards of behaviour.
- Establish effective communication. End conversations/meetings on a positive note.

- Celebrate success and achievements.
- Have fun! – Consider attending staff social events.

Circle Time Model

Circle Time is an integral part of our positive behaviour policy. It affords the opportunity for the staff and children to communicate with each other about issues which promote self-esteem and positive behaviour. It is important to define acceptable standards of behaviour based on the basic principles of respect, consideration, responsibility and honesty.

The Circle Time model introduces Golden Rules.

Golden Rules

- We are kind and gentle to one another
- We are helpful
- We use our quiet voices
- We take care of things
- We listen to other people
- We share and take turns

These rules are displayed prominently throughout the nursery and can be reinforced by photographs.

Circle Team - A Few Questions

First of all we must consider a few questions

Where?	A quiet place where there will be no interruptions
When?	Same time, same day - pick a time when your energy levels are high
How often?	Weekly
How long?	May vary depending on the group (10 mins up to 30 mins).
How many children?	Approximately 5 to 10.
With whom?	2 members of staff plus their key group
Why sit in a circle	Everyone is equal and can see everyone else

Key Points for Circle Time

- Plan in advance - complete planning sheet
 - Organise the room before hand e.g. seats in a circle and props to help
- Take a deep breath and create a positive focus before starting.

Knowledge and understanding of the world

- Develop the powers of observation using their senses
- Recognise objects by sound, sight, touch, smell and taste
- Understand some properties of materials, for example soft/hard, smooth/rough
- Ask questions and solve problems

Expressive and aesthetic development

- Use role play or puppets to recreate and invent situations
- Use verbal and non-verbal language in role play
- Listen and respond to sounds, rhythms, songs and variety of music

Physical development and movement

- Co-operate with others in physical play and games
- Develop increasing control of the fine movements of their fingers and hands
- Be safe in movement and in using tools and equipment
- Use their bodies to express ideas and feelings in response to music and imaginative ideas
- Develop an awareness of space

Copies of the Golden Rules are sent home to help parents/carers understand the philosophy of the nursery, encouraging them to become involved in the positive behaviour process. Safety rules, such as walking in nursery or putting scissors away, should be kept separate from the Golden Rules.

It is important for staff to reinforce the rules through their **use of language**, for example "thank you for using your quiet voice" or "Well done for sharing - that was kind". Make statements positively e.g. "Please remember to walk" instead of "Don't run".

Golden Rules Are

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Aims of Circle Time

Children could develop the following skills;

- Listening
- Thinking
- Speaking
- Concentrating

- Looking
- Sharing
- Turn- taking

Children may also become more confident to speak in group situations. They may learn to respect one another and value other people's opinions.

This goes a long way to building confidence and self esteem.

Circle Time - Learning Outcomes

(taken from "A Curriculum Framework" document")

Emotional, personal and social development:

- Develop confidence, self-esteem and a sense of security,
- Form positive relationships with other children and adults and begin to develop particular friendships with other children,
- Express appropriately feelings, needs and preferences,
- Make and express choices, plans and decisions,
- Become aware of and respect the needs and feelings of others in the behaviour, and learn to follow rules,

- Play co-operatively, take turns and share resources
- Develop positive attitudes towards others whose gender, language, religion or culture, for example is different from their own,
- Care for the environment and for other people in the community

Communication and language:

- Listen to other children and adults during social activities and play
- Have fun with language and making stories
- Listen with enjoyment and respond to stories, songs, music, rhymes and other poetry
- Listen with enjoyment to the sounds and rhythm of words in stories, songs, music and rhymes
- Pay attention to information and instructions from an adult
- Talk to other children or with an adult about themselves and their experiences
- Express needs, thoughts and feelings with increasing confidence in talk and non-verbal language
- Take part in short and more extended conversations
Use talk during role play and re-tell a story or rhyme
- Use language for a variety of purposes e.g. to describe, explain, predict, ask questions and develop ideas