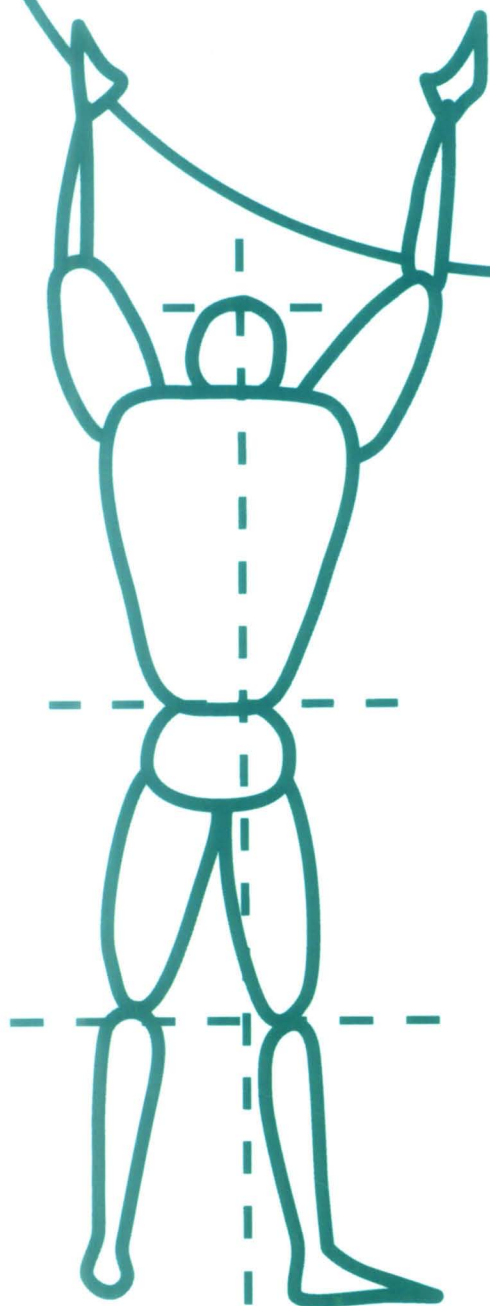


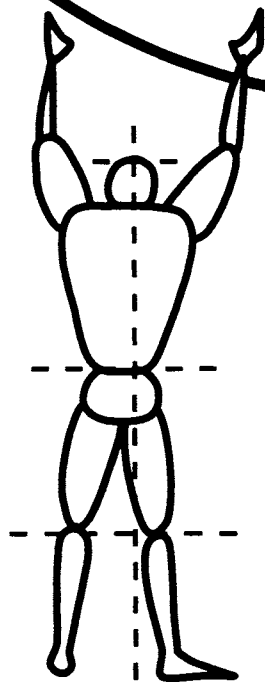
# **Developing Circle Time**



**by**

**Teresa Bliss  
George Robinson  
Barbara Maines**

# **Developing Circle Time**



Lucky Duck is more than a publishing house and training agency. George Robinson and Barbara Maines founded the company in the 1980s when they worked together as a head and as a psychologist, developing innovative strategies to support challenging students.

They have an international reputation for their work on bullying, self-esteem, emotional literacy and many other subjects of interest to the world of education.

George and Barbara have set up a regular news-spot on the website at <http://www.luckyduck.co.uk/news-AndEvents/viewNewsItems> and information about their training programmes can be found at

[www.insetdays.com](http://www.insetdays.com)

More details about Lucky Duck can be found at <http://www.luckyduck.co.uk/>

Visit the website for all our latest publications in our specialist topics

- Emotional Literacy
- Bullying
- Circle Time
- Asperger's Syndrome
- Self-esteem
- Positive Behaviour Management
- Anger Management
- Eating Disorders.

ISBN 978-1-87394-285-7



Published by Lucky Duck  
Paul Chapman Publishing  
A SAGE Publications Company  
1 Oliver's Yard  
55 City Road  
London EC1Y 1SP

SAGE Publications, Inc.  
2455 Teller Road  
Thousand Oaks, California 91320

SAGE Publications India Pvt Ltd  
B-42, Panchsheel Enclave  
Post Box 4109  
New Delhi 110 017

[www.luckyduck.co.uk](http://www.luckyduck.co.uk)

© Teresa Bliss, George Robinson, Barbara Maines 1995

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior, written permission of the publisher.

Rights to copy pages marked as handouts, certificates or overhead foils are extended to the purchaser of the publication for his/her use.

The right of the Author to be identified as Author of this work has been asserted by him/her in accordance with the Copyright, Design and Patents Act, 1988.

# Developing Circle Time

by

Teresa Bliss  
George Robinson  
and  
Barbara Maines

# CONTENTS

<b>FOREWORD.</b>	<b>4</b>
<b>DEVELOPING THE IDEAS.</b>	<b>4</b>
Our Beliefs.	
<b>WHAT HAPPENS IN CIRCLE TIME.</b>	<b>5</b>
<b>1: SELF AWARENESS.</b>	<b>6</b>
Self Disclosure.	
Confidentiality.	
Being Positive.	
Silent Statements/Partners.	
Group Pressure to Conform.	
<b>2: GROUP AND SOCIAL SKILLS.</b>	<b>9</b>
<b>GROUP DEVELOPMENT</b>	<b>10</b>
Forming.	
Storming.	
Norming.	
Performing.	
Beyond Stage 4.	
Other Development factors.	
<b>3: PERSONAL SKILLS.</b>	<b>12</b>
Non Verbal Communication.	
Self-esteem.	
<b>4: SUMMARY.</b>	<b>14</b>
<b>FACILITATOR'S SKILLS.</b>	<b>15</b>
Listening and Accepting.	
Picking things up later.	
<b>GETTING STARTED.</b>	<b>16</b>
Rules.	
Organisation.	
<b>DEVELOPING CIRCLE TIME.</b>	<b>17</b>
<b>1: PLANNING.</b>	<b>18</b>
Planning and Recording.	
A Term's work.	
<b>2: SENTENCE COMPLETION.</b>	<b>24</b>
Group and Social Skills.	
Self Awareness/Self Knowledge.	
Personal Skills.	

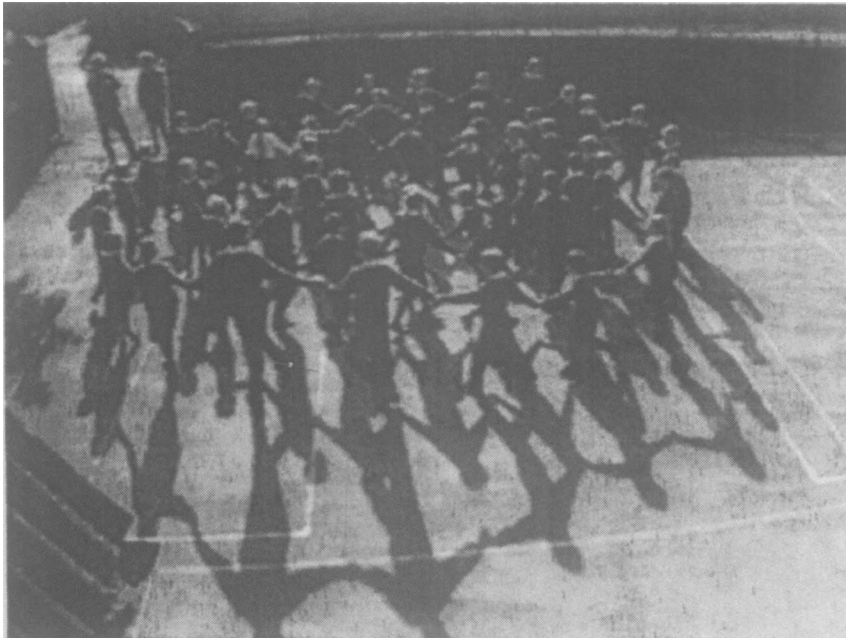
<b>3: GAMES AND ACTIVITIES.</b>	<b>28</b>
Finger Talk.	
Web of Friendship.	
Information Sharing.	
Mirroring.	
Mixing up Games.	
<b>4: DEVELOPING THEMES.</b>	<b>29</b>
a) <u>Co-operation.</u>	
Co-operative Activities.	
Partners.	
Sentence Completion.	
Thunder.	
Other Co-operative Activities.	
b) <u>Self Concept.</u>	
Partners.	
Special Person.	
Photographs.	
<b>5: GAMES AND ACTIVITIES THAT START OUTSIDE THE CIRCLE.</b>	<b>32</b>
My Achievements.	
My Goals.	
People Balance.	
Ways we Co-operate.	
Being Called Names.	
Bullying.	
Who I am.	
Co-operative Tessellations.	
<b>YOUR QUESTIONS ANSWERED.</b>	<b>35</b>
How to use Circle Time.	
Why use Circle Time.	
<b>BIBLIOGRAPHY.</b>	<b>39</b>
<b>APPENDIX.</b>	<b>40</b>
Worksheets, 1-19	

## **ACKNOWLEDGEMENT.**

We would like to thank Jim Ballard for his "Circlebook" (1982). In it we found the first book that went beyond games and activities. It inspired us to begin to look beyond the content of Circle Time and to explore the process and our belief system about the power of the Circle.

## FOREWORD. THE MEANING OF CIRCLES.

Individuals meet to form societies which perform a variety of functions. The purpose of these meetings might be understood by observing the physical formation of the individuals in the group. A naive observer would recognise a view of parliament as an adversarial contest between opposing participants. She would also recognise a court room scene as the imposition of power by high status individuals upon a deviant or rejected member. A discussion held in circular formation or a dance in the round would probably be interpreted as co-operative and non-hierarchical. The image of North American indigents passing the peace pipe around a circle, the link-armed singing of Auld Lang Sine in a circle or even the preparation for war in a circular dance convey a unified purpose shared by all members of the group.



## DEVELOPING THE IDEAS.

If you are reading this book it is likely that you already have some experience through reading or participation in Circle groups. In the publication *Circle Time* by Teresa Bliss and Jo Tetley (1993) we described the structure, rules and activities which form the basis of starting and maintaining Circle Time groups. These are only briefly referred to in this publication. It is not until you start to use the processes for yourself that you will discover the fun and the deeper values achieved in Circle Time. In order to convey this more vividly we made a training video called *Coming Round to Circle Time* (1995). If you have seen this video then you will already be aware of our commitment to and our enthusiasm for Circle Time as an important contribution to the development of altruistic and empathic behaviours, vital to any civilised and peaceful society. In this publication we hope to offer Circle Time enthusiasts some more ideas about extending their work and to answer some of the questions which have arisen in discussion groups.

Circle Time has two main components; content and process. Our first publication dealt mainly with the former and in this one we will put an emphasis on process. As a facilitator you will already have developed your own style and your group will have favourite games and activities. We hope that this publication will help you to increase the value of something that is already rewarding and enjoyable.

Circle Time is now quite likely to be found in British schools as a regular activity for pupils. Writers such as Lawrence (1988), White (1992), Mosley (1993) and Curry & Bromfield (1994) encourage Circle Time as a process that enhances the self-esteem of the participants. Further justification of the use of precious class time can be established by relating the various activities to National Curriculum targets in speaking and listening.