

Whole class or group circle time

Learning Outcomes

I can tell you how I feel at nighttime

Welcome & Check In

[Feelings cards/Feelings fans](#)

Warm-up Activity

Any warm-up activity or game

Group Aims

[Circle Time Rules](#)

Plans for Today

Today we are going to talk about how we feel at night time

Vocabulary: worried, scared, frightened, calm, relaxed, anxious

Core Activity

Silent statements:

Children must stand up, and walk sensibly across the circle to change places with someone else if they agree with the statement you are reading. Absolute silence is expected.

Statements:

- I feel scared at nighttime
- I feel happy at nighttime
- I feel worried at nighttime
- I feel lonely at nighttime
- I feel relaxed at nighttime
- I feel calm at nighttime
- I don't like the dark
- I hear noises at nighttime
- I think there might be something under my bed at night time
- I think there might be something in my wardrobe at night time
- I think there are ghosts in my bedroom

- I think there are monsters in my bedroom
- I don't like my bad dreams at nighttime
- I don't like the silence at nighttime
- I don't feel safe or secure at nighttime
- I am frightened a burglar might break into my house
- I hate leaving my mum and dad at nighttime

Circle time sentence stem:

Pass an object around the circle - I feel _____ at nighttime

Discussion and activity

Ask children to volunteer why they feel the way they do at nighttime. Reassure children if they feel worried or scared. Assure them that 'What is there in the light is there in the dark' There is no difference it is just our imaginations because we might have watched a scary film or heard something that we cannot explain. Discuss the types of noises you might hear at night that might scare you or worry you.

Show children a dream catcher and explain how they are all going to make one today to hang up in their rooms. Dream catchers catch all the bad dreams so they will sleep really well and feel happy and calm at nighttime.

Give each child a paper plate with holes punched around the outside and a hole cut out of the middle. Using wool children thread their wool across the circle in a spidery pattern. Help children to tie the knots to start them off and finish them off. They could thread some beads or feathers on the bits of wool that are left dangling.



Review

Has everyone met the objective? Can everyone explain their feelings at nighttime?

Relaxation

[Use any of the relaxation cards](#)

Explain that they could use these techniques at bedtime to help them feel more relaxed.