

# MORNING CIRCLE



A Morning Circle is a time to make connections, activate minds, and prepare for your day. This should be a fun, engaging, and comforting time that makes children feel welcome and valued.

## Effective Morning Circles:

- ◆ Include a **mix of high and low energy activities** (talking is broken up by movement).
- ◆ Are centered around **children’s interests, ideas, and active participation**. If children are uninterested, modify your activity selections to better align to their interests and developmental level.
- ◆ Are **reasonable in length and should not exceed 20 minutes for 4-year-olds**. Children can’t be asked to sit for too long. If they are uninterested or challenging behaviors start to occur more frequently, consider shortening the length of your Morning Circle.

## How to Support the Core Skills™ During Morning Circle:

You will select activities or routines that support each Core Skill™ each day. Limit the amount you choose to maintain a reasonable length. Some activities may occur every day (e.g., greeting) while others will be rotated (e.g., a variety of move games, or book readings).

Core Skill™	Types of Activities/Routines to Include	Activity Card Suggestions
	<ul style="list-style-type: none"> <li>◆ <b>Greeting:</b> Have children greet each other <u>every day</u> by using their names and making eye contact.</li> <li>◆ Give children a chance to connect with their peers and share something personal that is going on in their lives.</li> <li>◆ Assign <b>helpers/jobs</b> for the day to promote feelings of responsibility and feelings of being a productive, valued member of the group.</li> </ul>	<p>Name Game with Movements Partner Clapping Telephone Aloha, Friend! Who's Missing? Follow the Leader</p> <p>Favorite Things Get to Know a Peer It's Good to be Me! How Do They Feel? Unity Songs Partner Talk</p>
	<ul style="list-style-type: none"> <li>◆ <b>Picture Schedule:</b> <u>Every day</u>, discuss the sequence that the day will follow and discuss any changes (e.g., visitor, or indoor recess due to rain). Using and referring to this throughout the day supports regulation.</li> <li>◆ Get children up and moving <u>every day</u>. This can mean dancing with or without music, following along to songs that give instructions (tell them how to move), and songs about exercise, yoga, or movement games. Make sure to break up times of “sitting and listening” with movement to help children regulate their behavior and attention.</li> </ul>	<p>Breathing Exercises Yoga Cards Mindfulness Exercises Bean Bag Toss Simon Says Follow the Leader Follow the Music 1 and 2</p> <p>Corners Singing Songs We're A Zoo Dance Party Freeze Bubbles Hula Hoops I-Spy Kicking Balls</p>
	<ul style="list-style-type: none"> <li>◆ Activate children’s prior knowledge by introducing a topic you will cover later in the day.</li> <li>◆ Prompt children to use their reasoning and problem-solving skills.</li> <li>◆ Use their imagination/pretend play during movement, book readings, or transitions.</li> <li>◆ Target a specific skill (e.g., math skill).</li> </ul>	<p>Let's Pretend! Math - Addition/Subtraction Songs Math - Counting Songs Math - Shape Scavenger Hunt Math - Which is More? Math - Problem-</p> <p>Solving Word Questions Memory Games Who Am I? Math - Counting Games Math - People Sort! Math - Position Words What's Wrong with This Picture?</p>
	<ul style="list-style-type: none"> <li>◆ <b>Morning Message:</b> Write a message for children to decode.</li> <li>◆ <b>Read a book</b> (selected with an intention to target a skill, cover a topic, or selected by the book helper).</li> <li>◆ Use language to share experiences, news, stories, or opinions.</li> </ul>	<p>Story Share Lang - I'm Thinking Of... Lang - Simon Says and Body Parts Lit - Letter Names Lit - Basket of Letters</p> <p>Letter Hunt Best, Worst, Weird New and Updates Name Game Topic Talk Let's Time It! Write that Letter! Writing Messages</p>