

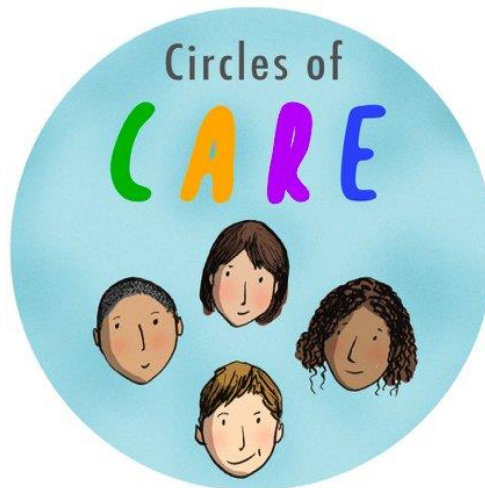


The Big Think

The Big Newsletter Volume 6

Circles of CARE

A series of 4 circles sessions to support school communities to recover and reconnect with each other.



The current global health pandemic has been challenging for both adults and children, putting pressures on mental and emotional health, and disrupting normal routines and lives.

Circles of CARE is a carefully planned series of 4 circle sessions, especially designed to help your school community to recover and reconnect with each other on your return to school.

Developed by our seasoned team of educators who crafted The Big Think, they are being offered free in the spirit of togetherness and living our values.

These Circles of CARE resources are available at thebigthinkcommunity.org.



	Community	What are your hopes for reconnecting as a school community?	
	Appreciation	Do you notice and appreciate anything new since being in lockdown?	
	Resilience	Can you find your resilience when you are having a hard time?	
	Empathy	Have you been able to show empathy to others in lockdown?	

Circles of CARE use the shared human values of:

Community

Appreciation

Resilience

Empathy

to create a relaxed and safe space for dialogue and reflection.

Each session uses The Big Think safe structure of:

Silent Sitting mindfulness

Values in Action guidelines

Dialogue check-in prompts

My Big Feelings compass

Journal reflection

Values Song



Circles of CARE Training

To support your whole school on a journey of recovery to hope, we are offering a range of training options.

1. Free Circle of CARE training film

For class teachers to understand the key elements of each session
(to be released very soon!)

2. Staff team Virtual Values Dialogue

First, to help staff reconnect with one another and prepare them to support each other and pupils in a process of recovery from their lockdown experience, and also to learn about how shared values can underpin your school ethos and support social and emotional learning across the school in readiness for Relationships and Health Education requirements.

3. Whole-school Virtual Values Dialogue

Invite a range of stakeholders including: leaders, teachers, support staff, office staff, governors, parents and pupils to uncover your shared values and work together to refresh and revitalise your school community ethos. Begin to lay the foundations for a more joined-up social and emotional learning process across the school.

We hope that you will enjoy using these resources and that they will not only help to reconnect and unite your school community during this uncertain period but also provide inspiration as you plan for and develop your Relationships Education and Health Education schemes of work.

If you would like to offer feedback, have any questions, or want to find out more please contact@the-big-think.org.



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