

# Preschool Circle

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With young children, the adult leads and moves the time forward; children as helpers are guided in how to do their piece.

## 1. Transition to the Circle

Because the younger children may be at activity centers, use a signal like a chime to signal that it is time to stop what they are doing and listen. Then play *The Heart Beat Song*

Say:

- That's our heartbeat, put your hand on your heart and feel your heart beat as we come to the circle.
- Choose a mat, place it in the circle and sit down on it.
- Talk about the heartbeat

## 2. Set Up the Circle

Invite a few of the children to set up the circle. This might include: round felt cloth (the color can change for the season or for the power of the month), electric tea lights (1/child), offering basket, hearts, Safe Keeping Chest, Wish You Well wand.

## 3. This Little Light of Mine w/Candles & Breathing

- Pass out the candles
- Invite the children to turn on their light
- Invite them to smile, take a deep breath and let it out
- Sing the song, *This Little Light of Mine*, while holding their candles
- Collect the candles when finished

## 4. Safe Keeping Check

Invite the children to pick up a heart from the center cloth. Have them hold it in their hands while you explain that your responsibility to them is to keep them safe. Invite them to place their heart in the safe keeping chest letting them know that you will keep their hearts safe during the class time.

## 5. Gratitude Sharing

- Pass out the shakers eggs
- Ask the children what they are grateful for today
- Make a joyful noise with the shakers after each gratitude

## 8. Love Offering

Let the offering helper lead the blessing. Make it short for the younger ones.

## 9. Song

Choose a song with directed energy to move their bodies before sitting down for story.

An example is: **Heart Song**

*Supplies: HeartMath Song CD*

- Invite the children to place their hands on their heart.
- **Play: “A Little Wheel Turning in My Heart”** (*Share the motions...*)
  - Verse 1: “There’s a little wheel a turning in my heart...” ***Use finger to do a spin motion around their heart.***
  - Verse 2: “There’s a little drum a beating in my heart...” ***Pretend to beat a drum.***
  - Verse 3: “There are 2 hands clapping in my heart...” ***Clap your hands.***
  - Verse 4: “There’s a jumping jack jumping in my heart...” ***Jump up and down.***
  - Verse 5: “There’s a little wheel a turning in my heart...” ***Use finger to do a spin motion around their heart***