
Advice Sheet 29

QUALITY CIRCLE TIME

Quality Circle Time is a concept which has been devised and developed by Jenny Mosley. It is a strategy which encompasses a whole-school approach to enhancing self-esteem and building positive relationships within school communities. Jenny has written many books on Circle Time and related topics (a catalogue is available from the website address at the bottom of the page) and courses are available regularly.

Some of the basic principles of Circle Time are:

- Timetable it for once a week
- Keep format structured:
 - Meeting up game
 - Warm up round
 - Open forum – using speaking object
 - Cheering up and celebrating success
 - Closing ritual
- The focus is on developing the pupils' interpersonal and intrapersonal skills: listening, speaking, thinking, looking and concentrating
- Ground rules are clearly explained and referred to often. Through Circle Time, Golden Rules and moral values are agreed and worked upon.

The **Six Golden Rules** are:

1. We are gentle – we do not hurt anybody.
2. We are kind and helpful – we do not hurt people's feelings.
3. We listen – we do not interrupt.
4. We work hard – we do not waste our own or other people's time.
5. We look after property – we do not waste or damage it.
6. We are honest – we do not cover up the truth.

The Golden Rules are printed on gold paper and are visible all over the school. It is advised that photographs of pupils keeping the Golden Rules are also displayed.

For more: <http://www.circle-time.co.uk/site/home/> (Quality Circle Time homepage)
http://www.circle-time.co.uk/site/catalogue_request/ (Request a catalogue)
<http://www.circle-time.co.uk/site/files/4.doc> (Ten Golden Rules for Myself)
<http://www.circle-time.co.uk/site/files/8.doc> (Sample of games for Circle Time)
<http://www.circle-time.co.uk/site/files/3.doc> (Ground Rules for Good Meetings)

See also separate Advice Sheet 19 on the related concept of **Golden Time**.