Sacred Circle Description

Activities to Unite

- Create transition routines to help the children/teens change activities.
- Use a song and/or musical instruments to move the children/teens into the circle.
- Invite the children/teens to take on the role of setting up the sacred circle.
- Light/Turn on the Christ candle.
- Affirm one another
  - “My name is ______ and the light of God is within me.” Response: __________, the light of God is within you.

Activity to Center

- Breathing exercises
  - Breathe like a balloon
  - Be a pretzel
  - Drain away
  - Be a S.T.A.R.
- Safe Keeping Chest
  - Teacher affirms: “My job is to keep you safe. Your job is to help keep it that way.”
  - Invite children to place their photo in the chest one by one.
  - Lock the chest after all photos are in it.
  - Give it to the “Safe Keeper” to watch over during class.
- Prayer/Bible Quote
- Meditation

Activity to Connect

- Blessing Board
- Brain Gym
- Movement/Song – Eyes or bodies touch
- Prayer Requests
- Check-In
Activity to Commit

- Review the Heart Agreement that is posted in the area.
- Collect a love offering.
- Celebrations – Look for the Good
- Create an invitation to practice the day’s learning
- Share an affirmation to affirm for the week