

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