

SEL Circle-Time Kit

Four weeks of engaging social-emotional learning (SEL) circle-time activities. Each week focuses on one key topic, with a different activity each day. Activities are linked to the EYLF.

Week 1: Understanding Our Feelings

Monday – Feelings Check-In

Use emotion cards or a feelings wheel. Each child shares or points to how they feel and why.

Tuesday – Emotion Charades

Children act out emotions while others guess using facial expressions and body language.

Wednesday – Colour My Mood

Draw a picture using colours that match today's feelings.

Thursday – Calm-Down Toolbox

Practise breathing, stretching, counting and sensory strategies.

Friday – Reflection Circle

Discuss which emotions were felt this week and what helped manage them.

EYLF: 1.1, 3.1, 3.2, 5.1

Week 2: Kindness & Friendship

Monday – Kindness Brainstorm

Create a class list of kind actions.

Tuesday – Compliment Circle

Each child gives a genuine compliment to a peer.

Wednesday – Friendship Bingo

Find classmates who have shown kindness or helped others.

Thursday – Helping Hands Craft

Trace hands and write or draw one way to help someone.

Friday – Kindness Awards

Celebrate kind moments noticed throughout the week.

EYLF: 1.4, 2.1, 2.2, 5.2

Week 3: Solving Problems Together

Monday – What Would You Do?

Discuss simple social scenarios and possible solutions.

Tuesday – Puppet Problems

Use puppets to role-play everyday conflicts.

Wednesday – Team Tower Challenge

Build the tallest tower together using blocks or recycled materials.

Thursday – Sharing Game

Play a cooperative game that requires turn-taking.

Friday – Problem-Solving Reflection

Talk about a problem solved this week and how it felt.

EYLF: 2.2, 4.1, 4.2, 5.1

Week 4: Confidence & Resilience**Monday – Bravery Jar**

Share something brave you've tried recently.

Tuesday – I Can Do It!

Draw or write something you've learned to do.

Wednesday – Obstacle Course

Complete a fun challenge and encourage one another.

Thursday – Growth Mindset Garden

Create flowers showing skills that are still growing.

Friday – Celebration Circle

Celebrate achievements and set one goal for next week.

EYLF: 1.3, 3.2, 4.3, 5.5