



BINDLESTIFF'S CIRKUS AFTER SCHOOL

K-2 Mondays

CWS

BINDLESTIFF'S CIRKUS AFTER SCHOOL Values

Safety- the condition of being safe from, undergoing, or causing hurt, injury, or loss.

Life-long learning- the "ongoing, voluntary, and self-motivated" pursuit of knowledge for either personal or professional reasons.

Responsibility- personal or financial accountability (accepting blame or credit); having a duty; being in control of something; the ability to act independently and make decisions without authorization

Practice- repeated exercise in or performance of an activity or skill so as to acquire or maintain proficiency in it.

Collaboration: the action of working with someone to produce or create something; synonyms: teamwork, partnership, association, working together, cooperation

Compassion-sympathetic consciousness of others' feelings (i.e. distress, fear) together with a desire to alleviate it. Empathy vs. Sympathy. Empathy is the ability to experience the feelings of another person. It goes beyond sympathy, which is caring and understanding for the suffering of others.

Respect- to feel admiration for (someone or something); to regard (someone or something) as being worthy of admiration because of good qualities;
to act in a way which shows that you are aware of someone's rights, wishes, etc.

Trustworthiness - The quality of dependability. Steadiness. The knowledge that something can be relied on. Consistency.

Empowerment - a process of becoming stronger by recognizing and building on individual strengths/ skills in a way that is valuing and affirming for all

Choice- the act of selecting or making a decision when faced with multiple possibilities

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Positive words:

Definition / In Action

Effort a vigorous or determined attempt. / [Do your best; end on a good one; stay on task](#)

Attitude A firmly held belief which affects thoughts and behaviour. Point of View. Frame of Mind. Examples: stubborn, willing, courageous, pessimistic, critical, enthusiastic, energetic, lethargic.

[Be aware of how your state of being \(hungry, angry, tired\) affects your attitude.](#)

[Be aware of how your attitude may shift as you try new or difficult things](#)

Cooperation assistance, especially by ready compliance with requests. / [help others; share; follow directions](#)

Leadership the action of leading a group of people or an organization. / [be an example of positive behaviour; instill confidence in others; work for the group](#)

Community a group of people living in the same place or having a particular characteristic in common; a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals; society; people sharing social values and responsibilities / [the feeling of belonging](#)

Character the mental and moral qualities distinctive to an individual.

[Qualities of good character: cooperation, focus, attention, patience, enthusiasm, punctuality, duty, sincerity, dependability, truthfulness, gentleness, self-control, endurance, generosity, compassion, boldness](#)

Resilienc(e)(y) the capacity to recover quickly from adversity, change, or difficulties / [bouncing back; keeping your mind open to different possibilities; looking for optimism; making a way out of no way](#)

Trust firm belief in the reliability, truth, ability, or strength of someone or something / [being honest with someone about your feelings, needs, thoughts; holding someone's confidence](#)

BELL RINGERS

Line ups:

by height,

by shirt color,

by hair color,

by eye color...

challenge participants to do this silently

Balance on one foot with eyes closed

Recite alphabet backwards

Check-in questions -

aesthetic distancing (the gap between conscious reality and fictional reality - safe emotional space)

What is your personal weather status (cloudy, foggy, sunny breaks etc)?

If you were the river today, would you be smooth? Waves? high tide? low tide?

If you were an animal, what would you be?

What are you noticing in your environment that relates to Cirkus?

What's one new and interesting thing you've been thinking about lately?

What's one thing that brings you energy and joy?

What kind of a day have you had so far today?

What words would you use to describe where your head is? And where your heart is?

If you could invite someone you respect to sit beside you and support you in making your day successful, whom would that be?

What's one thing you hope to get accomplished at today's class?

What is one interest of yours that others in this group might not know about?

Given our work in Cirkus so far, what do you feel best about?

Share a one or two-word intention you hold for today's class.

What is something you came across recently that gave you hope or inspiration?

One thing nobody here knows about you?

One thing you would buy if you were a millionaire and why?

One thing you would never like to do again and why?

Would you prefer to travel forward in time, or back?

What's The Weirdest Thing You've Ever Eaten?

What's your strangest talent?

What is something that amazes you?

What is your absolute dream job?

Non-Verbal check-ins:

Make a body shape

Tell us a story with your face

Thumbs up / thumbs down / thumbs "meh"

Show your favorite animal in motion

Mime a chore you hate

Make a letter with your body

Class Format- weekly structure

Circle: this is our "go-to" structure for starting / ending class.

We start each session by creating shared agreements; we come back to circle to discuss group issues

Check-in: each student answers a question by telling a story or following a physical prompt

Value: each week we discuss a different value and experience it in the context of the day's class

Warm-up or Mindfulness: full group

Activity: can be stations or full group

Game: this is an improv exercise or a game with an SEL or Value component

Student self-assessments - can happen any time during class... individually or small groups

Closing circle: a safety check (emotional / physical), a closing ritual

Staff reflections: notes from instructors on how the day went entered into lesson plan

SAMPLE PROGRAM ARCS

Sample: 13 week program lesson arc

Week 1-3 :

Community building--mutual expectations and shared agreements

- What the class is about
- Introduction to different skills and props
- Creating shared rituals: closing, self-assessment, etc.

Weeks 4-8 :

explore skills (scarf juggling, ball juggling, stilts, plate spinning, diabolos, etc.)

Weeks 9,10,

Focused skills practice--students chose 2 focus skills and think about show-building

- How would you tell an important life story using circus-arts?
- How would use circus-arts to inform people about an issue that affects you, your family or your community?
- How can you use visual arts, clothing/costuming, music to help tell your story, educate others about your issue?

Week 11:

Finalize and practice acts

Week 12:

Final Showcase--showing off acts to each other, recording acts for students with media waiver

Week 13:

Party, reflections, closing ritual

Sample: 21 week program lesson arc

Week 1-3 :

Community building--mutual expectations and shared agreements

- What the class is about
- Introduction to different skills and props
- Creating shared rituals: closing, self-assessment, etc.

Weeks 4-15 :

explore skills (scarf juggling, ball juggling, stilts, plate spinning, diabolos, etc.)

Weeks 16-18,

Focused skills practice--students chose 2 focus skills and think about show-building

- How would you tell an important life story using circus-arts?
- How would use circus-arts to inform people about an issue that affects you, your family or your community?
- How can you use visual arts, clothing/costuming, music to help tell your story, educate others about your issue?

Week 19:

Finalize and practice acts

Week 20:

Final Showcase--showing off acts to each other, recording acts for students with media waiver

Week 21:

Party, reflections, closing ritual

Weekly Lesson plans follow

Week 1: 9/18

Check In:

Value: Safety- the condition of being safe from, undergoing, or causing hurt, injury, or loss.

Warm Up:

Skill 1- Scarf Juggling

Game- Clown in the Graveyard

Activity- Scarf Line

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 2: 9/25

Check In:

Value: Life-long learning- the "ongoing, voluntary, and self-motivated" pursuit of knowledge for either personal or professional reasons.

Warm Up:

Skill 1- Feather Balancing

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 3: 10/2

Check In:

Value: Responsibility- personal or financial accountability (accepting blame or credit); having a duty; being in control of something; the ability to act independently and make decisions without authorization

Warm Up:

Skill 1- Flower Sticks/Clowning/Spinning Plates

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 4: 10/9 Day off/Holiday

Value: Practice- repeated exercise in or performance of an activity or skill so as to acquire or maintain proficiency in it.

Warm Up:

Skill 1-

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 5: 10/16

Check In:

Value: Collaboration: the action of working with someone to produce or create something;
synonyms: teamwork, partnership, association, working together, cooperation

Warm Up:

Skill 1- Spinning Plates/ball juggling

Game-

Activity- Performance

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 6: 10/23

Check In:

Value: Compassion--sympathetic consciousness of others' feelings (i.e. distress, fear) together with a desire to alleviate it. Empathy vs. Sympathy. Empathy is the ability to experience the feelings of another person. It goes beyond sympathy, which is caring and understanding for the suffering of others.

Warm Up

Skill 1- Bucket Stilts/Flower Sticks

Game- Kitty Wants a Corner

Activity- Group Counting

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 7: 10/30

Check In:

Value: Respect- to feel admiration for (someone or something); to regard (someone or something) as being worthy of admiration because of good qualities;
to act in a way which shows that you are aware of someone's rights, wishes, etc.

Warm Up:

Skill 1- Feathers/Spinning Plates

Game- Clowns in the Graveyard

Activity- Reaction Clown Activity

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 8: 11/6

Check In:

Value: Trustworthiness - The quality of dependability. Steadiness. The knowledge that something can be relied on. Consistency.

Warm Up: Tall Wide Small

Skill 1- Diabolo/Scarves

Game- Didn't make it to game, class wide struggle with attention today

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 9: 11/13

Check In:

Value: Empowerment - a process of becoming stronger by recognizing and building on individual strengths/ skills in a way that is valuing and affirming for all

Warm Up:

Skill 1 - Flower Sticks/Ribbons

Game- Simon Says

Activity- Performance

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 10: 11/20

Check In:

Value: Choice- the act of selecting or making a decision when faced with multiple possibilities

Warm Up:

Skill 1- Partner Juggling

Game- Woosh

Activity- Performance

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 11: 11/27

Check In:

Value: Safety

Warm Up:

Skill 1- Diabolo/Feathers

Game- Clowns in the Museum

Activity- Show off

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 12: 12/4

Check In:

Value: Collaboration

Warm Up:

Skill 1- Spinning Plates/Feathers

Game- What's Going On with the Ball?

Activity- Freeze Dance

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 11: 12/11

Check In:

Value: Respect

Warm Up:

Skill 1- Stilts/Bucket stilts/Feathers

Game- Tall Wide Small

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 12: 12/18

Check In:

Value: Compassion

Warm Up:

Skill 1- Free Prop Day!!

Game- Imaginary Gift

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 13: 1/8

Check In: Highlight of your Holiday break

Value: Safety

Warm Up: Stretching and Cardio

Skill 1- Welcome Back Free Prop Day!

Game- Student Choice

Activity- Scarf Line

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 14: ~~1/15~~ MLK DAY

Check In: ~~What's your favorite season?~~

Value: Life-long Learning

Warm Up: ~~Dance Party~~

Skill 1 ~~Flowersticks/Bucket Stilts/Ribbons~~

Game-

Activity- Entrances and Exits

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 16: 1/22

Check In: If you could be an animal, what animal would you be?

Value: Collaboration

Warm Up: Simon Says

Skill 1- Rehearsal

Game- Audience applause game

Activity- Entrances and Exits

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 17: 1/29

Check In: What color would you describe your mood today?

Value: Compassion

Warm Up: Walking Focus Circle

Skill 1- Rehearsal

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 18: 2/5

Check In: Tell us about someone you really care about?

Value: Respect

Warm Up: Tall Wide Small

Skill 1- Rehearsal

Game- Clown in Graveyard

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 19: 2/12

Check In: What's your biggest accomplishment in Cirkus After School?

Value: Trustworthiness

Warm Up: Jumping Jack Competition

Skill 1- Show @ 4pm

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 20: date

Check In:

Value:

Warm Up:

Skill 1-

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 21: date

Check In:

Value:

Warm Up:

Skill 1-

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 22: date

Check In:

Value:

Warm Up:

Skill 1-

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 23: date

Check In:

Value:

Warm Up:

Skill 1-

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 24: date

Check In:

Value:

Warm Up:

Skill 1-

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

Week 25: date

Check In:

Value:

Warm Up:

Skill 1-

Game-

Activity-

Class reflection--something you accomplished, a goal or a challenge, safety check

Closing Circle / positive word / or / ritual to end the day:

