



WHALE CLASS

Circle Time Guide

Everything you need, one page per day.

Week 4 · My Feeling

21 – 24 September 2026 · a four-day week (Mon – Thu) · 13 minutes a day · ages 2.5 – 6, English learners

Every feeling is allowed. I can name it, show it, and let it go.

happy

sad

angry

scared

calm

中秋节 falls on the Friday, so **Thursday carries the finale** — the whole song, the review, the lantern walk and the parent wrap-up. Four days, four verses, five words.

Print · laminate · ring-bind · hold this all week

Week 4 · My Feeling · 21–24 September

Five words they'll own by Thursday

happy

sad

angry

scared

calm

Littles (2.5–3) — one word + a face is a win: **“Happy!”** (huge smile, both hands to the cheeks) · **“Sad!”** (one finger draws a tear down) · **“Angry!”** (stamp once, then blow it out)

Bigs (4–6) — **“I feel happy today.”** · **“He is sad. I can help.”** · **“I am angry — I need a big breath.”**

The 13-minute flow, the same every day

2 MIN Magic Box hook — chant, shake, sniff, dramatic peek. **4 MIN** Teach — the day's feeling on your own face first, big and slow; get it wrong once on purpose.

3 MIN Song — chorus → today's verse → chorus. **3 MIN** Game. **1 MIN** Close — whisper → normal → SHOUT.

Magic Box, day by day

- **Mon** — a hand mirror. Make your happy face at it, then show it to a friend.
- **Tue** — an onion and a box of tissues: the thing that makes even grown-ups cry.
- **Wed** — a balloon. Blow it bigger, and bigger... then let the air out *slowly*.
- **Thu** — a calm jar (water + glitter), a mooncake, a paper lantern, a small red flag, and everything from the week.

Theme shelf · four trays, present Monday, free choice all week

- **1 · 情绪分类卡** emotion 3-part cards, 中文 + English. *Control:* the whole control card.
- **2 · The mirror tray** — the real hand mirror on an easel + the five face cards. *Control:* the card is the model, the mirror is the check.
- **3 · 秋分 day & night** — day/night sorting cards + a two-pan balance, one black stone (night), one white stone (day). *Control:* the beam sits dead level, or it doesn't.
- **4 · The calm corner 情绪角** — the glitter calm jar, a breathing-star card, a soft cloth. *Control:* finished when every speck of glitter has settled. **It stays out for the rest of the year.**

The week's close, built one day at a time: “Happy... sad... angry... scared... BIG BREATH — calm.” The loudest word is the breath, and then the room goes quiet on *calm*. That is the joke, and it works every time.

Happy Faces

Today's word: **happy**

Grab: a **hand mirror** in the Magic Box (an unbreakable one if you have it); a scarf over the box; the five feeling posters with **happy** on top.

2 MIN Magic Box hook

The box wears the scarf today. Shake it — one soft clunk. Hold it to your ear. Whole class chants:

EVERYONE

"What's in the box? What's in the box?"

Lift the lid a crack, look in, and **gasp**. Shut it. Look in again. Gasp again.

TEACHER

"There is somebody in this box... and they are looking straight at me!" (*pull the mirror out slowly, hold it to your own face, and grin enormously at it*) "Oh! It's ME. And I am HAPPY!"

Pass the mirror round the circle. Every child makes their happy face at it and the class says it with them. **"Happy!"**

4 MIN Teach · Happy

Your face first, big and slow. They copy you before they say a word.

Happy! (*huge smile, both hands to the cheeks*)

My mouth goes wide, (*draw the smile with two fingers*)

My eyes go crinkle, (*squeeze both eyes shut, then open*)

Happy **inside!** (*both hands flat on your own chest*)

Say it three times — bigger each time. Then the mirror goes round again and each child checks their own happy face in it: make it, look, laugh.

Littles say the one word **"Happy!"** with hands to the cheeks. Bigs say the frame: **"I feel happy today."**

Teacher fails: pull the biggest grin you own, hold it, and announce very seriously, "I am **so** sad today." Nod sadly with the grin still on. Wait. · 汉字 today: 开心.

3 MIN Game · Feelings mirror

"One, two, three — eyes on me!" Everyone kneels up facing you. **"I am the face. You are my mirror."** Make one huge slow happy face; they copy it exactly and hold it while you count to three. **"Happy!"** Then a silly one, a sleepy one, then happy again. Now swap: one child makes a face and you and the whole class are their mirror — ten seconds each, every child gets a turn. Bigs name theirs first: **"I feel happy today."**

A child who won't make a face will still **watch**. Give them the mirror to hold instead — holding is a turn.

1 MIN Close

Hands to the cheeks, whisper → normal → shout:

EVERYONE

"Happy... happy... HAPPY!" (*the biggest smile in the building on the shout*)

Sad, and Kind

Today's word: **sad** (*happy comes back every day*)

Grab: one **onion** and a box of **tissues** in the Magic Box; a chopping board and a knife you keep well above small hands; a sad-looking puppet or soft toy; yesterday's mirror.

2 MIN Magic Box hook

Box chant. Shake it — nothing rattles at all. So **sniff** the box instead. Sniff again. Pull a face.

EVERYONE

"What's in the box? What's in the box?"

Hold the box out and let three children sniff it too. Then lift out the onion and hold it up like a jewel.

TEACHER

"An onion. And *this...*" (*lift out the tissues*) "...is for what happens next."

4 MIN Teach · Sad

Cut the onion in half on the board, well away from the circle, and hold the cut side up. Let your eyes water honestly — they will spot it in about four seconds.

TEACHER

"Look! Teacher is crying! And I am **not even sad** — onions do that to grown-ups too."

Now the real thing, slow and quiet:

Sad. (*shoulders down, mouth turns down*)

My mouth goes down, (*draw the frown with two fingers*)

A tear rolls down, (*one finger draws a tear down the cheek*)

Sad... sad... sad. (*both hands still in the lap*)

Littles say "**Sad!**" with the tear finger. Bigs say the two-part frame — the important one this week: "**He is sad. I can help.**"

Teacher fails: hunt everywhere for a tissue — in the box, under the mat, up your sleeve — while a tissue sits balanced on your head. · 汉字 today: 难过. Sad is **allowed** in this room; never rush a child out of it, just sit beside it.

3 MIN Game · Sad to glad

The puppet sits in the middle with its head right down. "**Oh no. Look. He is sad. What can we do?**" The puppet goes round the circle and every child does **one kind thing** for it: a pat, a hug, a blanket, a song, a whisper — then hands it on. Bigs say it as they do it: "**He is sad. I can help.**" When it has been all the way round, hold the puppet up — its head comes slowly up too. Whole class: "**Happy!**"

Watch who is gentlest and name it out loud, by name, at the end.

1 MIN Close

EVERYONE

"Happy... sad... I can HELP!" (*hands to the cheeks · finger down the cheek · both hands reach out*)

Angry — Big Breath

Today's word: **angry** (*happy · sad come back*)

Grab: a **balloon** (plus three spares) in the Magic Box; a two-pan **balance** with one black stone and one white stone for 秋分; a strip of tape on the floor for the balloon race.

2 MIN Magic Box hook

Box chant. Shake — a papery flutter. Peek, frown, and pull out one flat, floppy, uninflated balloon.

TEACHER

"This is my tummy when I am **not** angry." (*flat balloon on one fingertip, calm face*) ... one enormous breath into it ... "And *this*... is my tummy when I **am**."

4 MIN Teach · Angry, and the big breath

Blow the balloon bigger in stages; the class grows with it, arms opening each time. Then the whole thing, on your own body:

Angry! (*stamp one foot, fists down by your sides*)

My face goes hot, (*both hands on your cheeks*)

My tummy goes tight, (*arms crossed tight, squeeze*)

Big breath **IN**... (*huge breath, arms rise all the way up*)

...and **let it go**. (*blow out slowly, arms float down, shoulders drop*)

Now let the balloon's air out *slowly*, squealing, right down to floppy again. Three times together. Littles stamp once and blow once: "**Angry!**" Bigs: "**I am angry — I need a big breath.**"

Teacher fails: take an enormous breath IN... and then shout even louder than before. Look pleased. Wait.

秋分 · Autumn Equinox. Two spare minutes? The **black** stone is night, the **white** stone is day — a Big puts one in each pan and the beam sits dead level. "Today, night and day are the **same**." · 汉字: 生气, and 秋分 beside the balance.

3 MIN Game · Volcano breath, then the balloon race

Everyone squats down tiny, arms round their knees. "**The angry is down here... it's coming up... up... UP...**" — rise with them, hands climbing over your head — "**...and BLOW IT OUT!**" One enormous slow breath out, arms flopping down, flop to the floor. Three rounds, **slower** each time; round three, hold the top for two whole seconds. Then the balloon race: blow two up, let them go, watch them squeal across the room.

Pop-shy child? Nothing pops today at all — the whole point is that the air comes out **slowly**.

1 MIN Close

EVERYONE

"Happy... sad... angry... **BIG BREATH!**" (*cheeks · tear finger · one stamp · one huge slow breath out — then everybody is quiet*)

Scared → Calm · 中秋 · the whole song

Today's words: **scared** · **calm** — and happy · sad · angry all come back

Grab: the **calm jar** (water + glitter + a spoon of glue, lid glued shut), a **mooncake** cut into small pieces, a **paper lantern** (one each if you can), a small **red flag**, and every prop from the week back in the box.

2 MIN Magic Box hook

The box comes out fat, rattling and glinting. Box chant, whispered. **“Today the box is FULL. Who remembers?”** Lift each prop out in silence — they will supply the word before you can. Mirror → **“Happy!”** Onion → **“Sad!”** Balloon → **“Angry!”** Then, last and slowest, the calm jar: shake it hard and hold it up, and everybody watches the storm without a word.

4 MIN Teach · Scared, then calm

Scared! (*both hands up by the face, eyes wide, shoulders up*)

My heart goes fast, (*pat your chest quickly*)

I hold a hand, (*take the hand of the child next to you*)

Slow... slow... **breath.** (*one long breath together, shoulders dropping*)

Now I am **calm.** (*hands still in the lap, everything soft*)

Then set the shaken calm jar down in the middle and watch it — no talking — until every speck of glitter has settled. It takes about ninety seconds and it is the quietest the room will be all week. Bigs: **“I was scared. Now I am calm.”**

Teacher fails: shake the jar and immediately announce, “There! All calm!” while the glitter is still a blizzard. Insist. Let them make you wait. · 汉字: 害怕 · 平静.

3 MIN Game · Feelings quick-fire, then the lantern walk

Five feeling cards face-down. **“I show. You be it. Ready?”** Flip one up; the whole class makes that face instantly and holds it. Faster and faster, then let a Big be the card-holder. Then **中秋节**: lanterns up, walk slowly all the way round the room singing the chorus, and come back to share the mooncake sitting down.

TEACHER

“但愿人长久，千里共婵娟。” (*slowly, then in English*) “The moon is far away. The people we love are far away. And we can both look at the **same moon.**”

Last of all, the little red flag: **国庆节**. School stops for the holiday — we come back on **5 October**. (*Mooncake pieces tiny; check your allergy list before circle, not during it.*)

1 MIN Close · the whole week in one line

EVERYONE

“Happy... sad... angry... scared... **BIG BREATH** — calm.” (*cheeks · tear finger · stamp · hands up · one enormous breath out · hands into the lap, silence*)

Today's song moment — the finale: Thursday's verse (“When I am scared I hold a hand, / Slow, slow breath — now I'm calm, I can.”), then chorus → all four verses → chorus, top to bottom, lanterns lit. **Send the wrap-up, the awards and the drawing sheets home today.**

No class — 中秋节

There is no circle time today. This week is **four days**: Monday 21 to Thursday 24 September.

The short week

- **Thursday carried Friday's job** — the whole song top to bottom, the week's review, the lantern walk, the mooncake and the parent wrap-up all happened on Day 4.
- **Four words on four days, five words owned**: happy · sad · angry, then **scared** → **calm** together on Thursday.
- The **song has four verses**, not five. Nothing is missing — that is the whole song.

What stays out over the holiday

- The **calm corner (情绪角)** stays exactly where it is — the calm jar, the breathing-star card and the soft cloth. It is not a theme tray; it stays for the rest of the year.
- The **feeling cards** stay on the shelf. Children coming back after ten days away will reach for the face they recognise before they reach for a word.
- Leave the **lanterns hanging**. They are the first thing the class will see when they walk back in on 5 October, and they will tell you about their moon.
- Take the **onion** home. Trust us.

If your Friday does run

A make-up day, or a class that is in: sing the whole song once more, let every child choose the tray they liked best, and finish with the week's line — “**Happy... sad... angry... scared... BIG BREATH — calm.**” Nothing new; the week is already complete.

Coming back

We return on **Monday 5 October** with **Five Food Groups**. First circle back, before anything new: the mirror comes out of the Magic Box again and every child shows the class the face they wore over the holiday.

中秋快乐 · 国庆节快乐

“How Do You Feel Today?”

The one song of the week · ukulele · same chorus daily, one new verse each morning, the whole song on Thursday

C (0003)

F (2010)

G7 (0212)

Am (2000)

strum: D · D · D-U

CHORUS — EVERY SINGLE DAY

C How do you feel, how do you **F** feel to **C** day? (*open both hands to the circle*)

Am Happy or sad — it's **F** okay **G7** either **C** way! (*thumb up · thumb down*)

C Show me your face and **F** show me your **C** hands, (*huge face, hands up high*)

Am Whale Class **F** listens — **G7** Whale Class under **C** stands! (*hand flat on your own chest*)

MONDAY · HAPPY FACES

C When I am happy my mouth goes wide, **G7** sunshine, sunshine **C** right inside!

TUESDAY · SAD, AND KIND

Am When I am sad a tear rolls down, **G7** hug me, hug me — **C** turn round my frown!

WEDNESDAY · ANGRY — BIG BREATH

C When I am angry I stamp and blow, **G7** big breath IN and **C** let it go!

THURSDAY · SCARED → CALM

C When I am scared I hold a hand, **G7** slow, slow breath — **C** now I'm calm, I can.

Am is new this week and it is the easiest shape on the instrument: one finger on the top string, second fret, everything else open. It is the sad-and-soft chord — it lands on “happy or sad” and it opens Tuesday's verse, which is exactly why the song needs it.

Practice loop, five minutes tonight: C (4 strums) → F (4) → Am (4) → G7 (4) → back to C. That is the entire song. If your fingers get stuck, put the uke down and sing it with the actions — the class will not notice.