

Kindergarten Yurt Circle

I really enjoy doing the Yurt Circle with Kindergarteners! It can take most of the year to master, but it's a lot of fun along the way. I like to do it in multiple steps. Always go slow! All steps will need to be practiced multiple times before moving to the next.

- Start with students standing in a circle holding a tied webbing loop.
 - The webbing loop should be tied with a water knot.
 - A good rule of thumb for the size of the webbing loop is 12 to 18 inches per participant.
- Have the students raise the webbing loop to eye level, then knee level, high over their heads, and so on (belly button level always gets a laugh).
 - You can talk about the cooperation needed to do this.
- Have the students pass the knot in the loop around the circle one way and then the other.
 - Again, you can talk about the cooperation needed to do this.
- Have the students slowly and carefully lean back while holding the webbing.
- Have the students slowly stand up straight.
 - You can talk about the cooperation needed to do this, and about safety and trust.
 - Ask what would happen if one person let go? Nothing really, but they don't need to know that.
 - Ask if they can trust all people in the class.
 - Tell them this is a chance to prove that they can be trusted.
- Have students sit down and stand up holding the webbing.
 - Start by telling them to put two hands on the webbing knuckles up.
 - Plant feet on the ground and do not move them the entire time.
 - Tell them that on the count of three, you want them to slowly sit down together. Remind them that their feet are not to move even when their bottoms touch the floor. *The tendency is to put one's legs straight out when sitting, but then you can't stand up.*
 - Tell them on the count of three you want them to slowly stand up.
 - Talk about trust and cooperation and celebrate!