



Circles (2) - My Inner Circles

Elementary (Classes 5-7)

Intermediate (Classes 7-10)



The Circles We Live In (Pestalozzi Approach)

The Inner Voice

Instructions to students:

The teacher writes these on the board in no particular order, ensuring all students understand the meaning of each. (Students can act the meanings of any new words to help reinforce learning.)

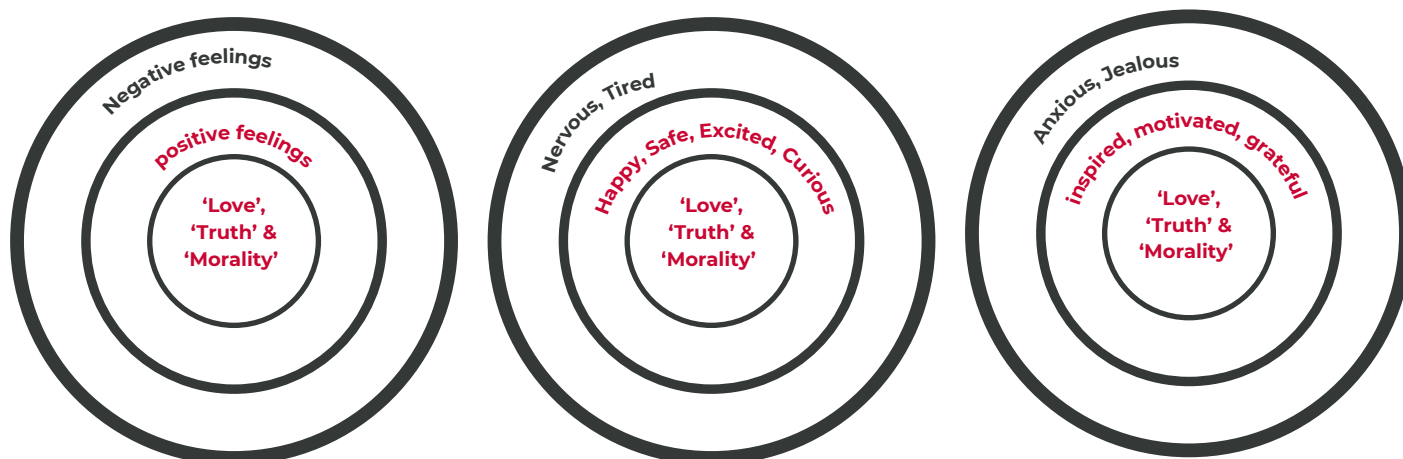
- Draw a small circle in the middle of your piece of paper. In this circle write 'Love', 'Truth', and 'Morality'
- Around the small circle, draw a larger circle and write down the positive feelings you have inside it.
- Write down the negative feelings you have outside the circle
- Think what further positive feelings you may not feel but know of and write these down inside the circle in a different colour

Think what further negative feelings you may not feel but know of and write these down outside the circle in a different colour

Materials Needed

- Paper
- Colouring pens for each student

Examples for students:



The session ends with a group discussion about our feelings, linking this to the following ideas of Pestalozzi:

For Pestalozzi the circles we live in include two inner circles, one is our own inner voice and, at our very centre, what Pestalozzi called love, truth, morality and God. When we need to make a decision it is good to listen to our inner voice and to the voice of love and truth. (Many of us may know what it is like to have an argument with ourselves, between a good voice and a bad voice.) Pestalozzi believed that by learning to listen to our inner voice and by being able to recognise love, truth, morality and God at our very centre, we can gain the morality and understanding we need to be able to help ourselves and others.



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AI/tech enhancements

Pestalozzi writes that our inner circle (love, truth, morality) should guide decisions.

Students can use AI as a reflective partner, prompting:

“Imagine you are my future self at age 25; how would you describe the role of your inner voice when making choices about kindness or fairness?”

Students then:

- Analyse AI’s “future self” narrative
- Compare it to their current inner circle map
- Reflect on how values may stay constant or shift over time

Digital Feelings Map & Multimedia Display

Instead of paper only:

- Use digital tools (Canva, Google Slides, Google Draw) to create layered emotional circles with colours, icons, and audio clips
- Students can upload voice recordings describing feelings

Why this matters?

- Encourages multi media expression (visual, audio, text)
- Supports diverse learners
- Opportunity to explore pros/cons of AI as a tool

