



Circle of Love:an Instrument to Help Childhood Development, an Experiment With Children From 2 To 4 Years

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Abstract

"Circle of Love" is a practical method based on integration of ancient Eastern wisdom with modern Western science. In a playful and collective way, composed of a series of songs, stories, kid's yoga, relaxation and visualization, it is known to help build character, restore emotional balance of children and strengthen emotional bonds between children and adults. It was formulated by a psychologist, anthropologist and yogic nun - Dr. Susan Andrews - and it has been applied in various nurseries around the world. This present research examined the behavioral changes of children aged 2 to 4 years in four different aspects - affective, cognitive, psychic, and social - after introduction of the techniques of Circle of Love among daily activities of a kindergarten. Thirty six children, in three groups were evaluated at two points: (a) 30 days after start the project, and (b) after 60 days, through questionnaires answered by teachers responsible for each group. Results were very positive and confirmed the effectiveness of Circle of Love in behavioral improvement of children in all four aspects evaluated, and in all ages, with a tendency of effectiveness to increase over time. Changes were more noticeable in the affective aspect, possibly because it was more emphasized in the Circle of Love practices.