

Ways of Caring Suggestions

- accompanying
- acknowledging
- cheering someone up
- giving presents
- greeting new students
- helping
- hugging
- inviting
- listening
- patting
- shaking hands
- sharing
- singing to someone
- smiling
- thanking
- thinking about your actions and their consequences
- treating others fairly
- volunteering
- writing to a friend

Process for role-playing:

Discuss possible role-play situations using one of the words or phrases on the list. For example, the word volunteering might generate these scenarios:

- *A teacher introduces a new student and asks if someone would show her/him around the school and help set up his/her desk during the next recess. A student raises his hand to volunteer and does the job.*
- *A child who notices that mom is tired from working all day volunteers to set the table or help make supper. They clear the table after supper and do the dishes.*

Discuss the possible actions and dialogue that might take place in each scenario. Then model the role-playing process by choosing volunteers to act out some of the scenarios.

Discussion Questions:

1. How do you know how another person feels?
2. Did feeling empathy for the other person in your scenario help you decide how to show caring?
3. What is empathy and how do you know when you've got it?
4. How do you know when a behaviour shows caring?
5. What would life be like if no one cared about you? ...if you cared about no one?
6. Is it possible to care about someone you don't know? Explain.