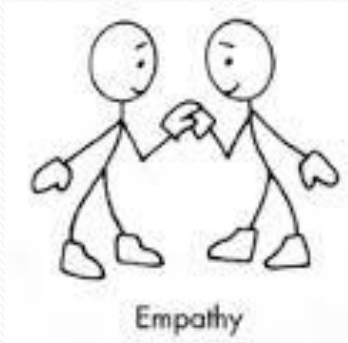
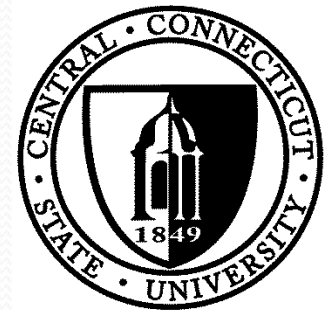


Teaching Caring and Empathy through Game Play



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Jan Bishop, Central CT State University
bishopj@ccsu.edu

Connie Kapral, Central CT State University
kapralcoj@ccsu.edu



Session Description

This session will:

- Identify aspects of caring and empathy that can be taught by elementary physical educators
- Engage participants in a series of physical activities that teach these qualities.

The physically literate individual exhibits responsible personal and social behavior that respects self and others. (Std. 4)

- Physical educators can help counter the many negative social messages and images bombarding our children.
- We can teach them to care for one another, put themselves in others' shoes and practice through “play” how to be thoughtful toward others – especially those different from themselves.

Caring & Kindness Games

- Manners
- Using positive words – Praising
- Documenting Acts of Caring/Kindness

Manners

- Please, Thank you Excuse Me – Bean Bag Game
 - Performing kindness
 - Feeling someone being kind to you
- Do Unto Otters (book)
- My Manners Matter (book)

Positive Talk

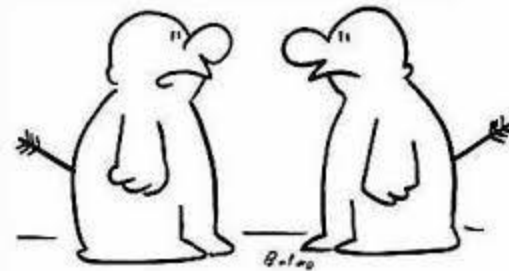
- Praising
 - Put-ups and Put-downs (bulldozer game)
 - When putting up, note the positive words and phrases on the cones
 - When putting down say the opposite of the words on the cone
 - Put-ups and Put-downs (filling buckets/dippers)
 - Put-ups fill bucket
 - Put-downs fill dipper
- *What is praise?*
- *Can you give examples of kind words?*

Documenting Kindness/Caring

- Caring/Kindness Wall Chart
 - Place “helping hand” on the board (K-3)
 - Seeing and hearing kindness
 - Feeling good giving and receiving acts of caring/kindness
 - CCSS – recalling, retelling
- Egg Beater Jump rope game (4-5)
 - Four rope turners show kindness/caring through encouragement and praise
 - One jumper
 - One recording acts of caring/kindness (See, Hear)

Empathy Activities

- Recognizing Emotion
- Perspective Taking
- Empathetic Action
- Group Unity



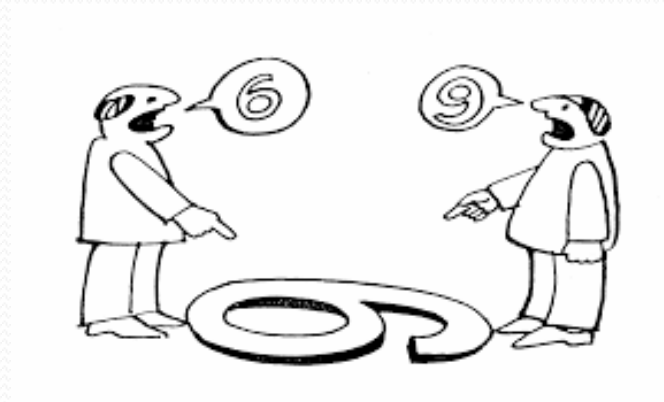
"I know exactly how you feel."

Recognizing Emotion

- Emotional Group Sort
 - Angry
 - Sad
 - Confused
 - Afraid
- Express emotion through movement

Perspective Taking

- Martians
- Politicians
- Tigers
- Salmon



(Facilitator talks about how it feels to be included, left out etc.)

Empathetic Action

- Can I Play Too? (Book)
 - Snake wants to join in the catch game.
- Language Challenge
 - Trying to figure out how to play when the language is challenging.
- Stand in my Shoes – Exit Slip (Book)
 - Scenarios – explain how someone else would feel.

Group Unity

- Operation Respect
 - www.operationrespect.com
- Weave Dance