

Care cards — Compassion

EXPLANATION:

When compassion leads to action, it is often called kindness. Letting others know that you ‘see’ them and care for them is an action that promotes connectedness and social and emotional development. In this activity children will be prompted to think about friendships and to share care cards with their friends and act on feelings of compassion.



YEAR LEVELS: Prior to school

STUDENT GROUPING: Group discussion and individual giving of care cards

ACTIVITY LENGTH: 20 mins discussion and then distribution of care cards during the week

LINK TO CURRICULUM:

Early Years Learning Framework:

Learning Outcome 1: Children have a strong sense of identity

- 1.2 Children develop their emerging autonomy, inter-dependence, resilience and sense of agency.
- 1.4 Children learn to interact in relation to others with care, empathy and respect.

Learning Outcome 2: Children are connected with and contribute to their world

- 2.1 Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation.
- 2.2 Children respond to diversity with respect.
- 2.3 Children become aware of fairness.
- 2.4 Children become socially responsible and show respect for the environment.

Learning Outcome 3: Children have a strong sense of wellbeing

- 3.1 Children become strong in their social and emotional wellbeing.

Learning Outcome 4: Children are confident and involved learners

- 4.1 Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.

SCOPE OF TASK:

Generally, compassion is an understanding of a problem or suffering that another person feels with a commitment to act for assist or ease the suffering. A critical component of compassion is the demonstration of care. For younger children understanding how their expression of care can positively impact on others is an important foundation of compassion and an essential social emotional skill to learn and develop.

1. To introduce the activity share with the children the book, *Do you want to be my friend?* By Eric Carle.
2. Reflect on the story with the children:
 - What happened to mouse in the story?
 - What is a friend?
 - How do you treat friends?
 - Do you care about your friends?

Depending on the children's understanding of care probe the concept further:

- What does it mean to care?
 - How do you show others you care?
 - Why do we care about our friends?
3. As a whole group discuss with children how they can recognise their friends and demonstrate that they care. Questions could include:
 - When might our friends need to know we care about them? For example, when they are sad, when they have tried very hard, when they have something to share
 - Is it important that our friends know why we care? Why?
 4. Show the children the care cards. Hold up the different cards and read, "I care about you because." Note that the sentence isn't complete and that the cards can be personalised to share with people. Inform the children of the task for the next week: The 'care cards' are going to be left in a basket and everyone is encouraged to give the care cards to their friends to demonstrate they care. Remind students that they must have a reason to give someone a care card. Discuss examples of when you would give someone a 'care card' (when they don't feel well, are sad, perhaps have tried to do a task and had trouble etc). Children can ask the teacher/adult to assist them with writing on the 'care card' why they care about their friend and then the cards can be given to individuals.

Note: Throughout the week remind the children about the 'care cards' and about sharing them with their friends. When scribing for children why they care about the person discuss concepts of care, compassion and friendship.

5. At the end of the week revisit the distribution of the 'care cards'. Questions to reflect on concepts of care and compassion could include:
 - How did your friend feel when you gave them a 'care card'?

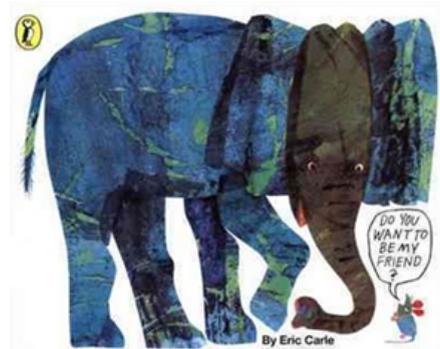
- What did they do?
- How did you feel when you gave friends care cards?
- How did you feel when you received a care card?
- Is it important in friendships to tell your friends you care? Why

Children can take home their 'care cards' to show their families that they are cared for and about at school! It may be important to share details about the activity with parents and caregivers so they can reinforce concepts of compassion, care and friendship in the home.

RESOURCES:

- Care cards below (or teacher/student created version)
- Paints, crayons or collage materials
- Image created by Thijs Rentier from the Noun Project

Carle, E. (1985). Do you want to be my friend?
HarperFestival, New York.



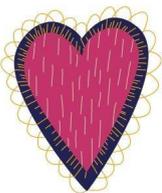
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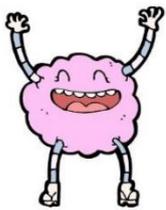
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