



# Compassion in Action: We Care Center & Kindness Tree

For All Ages

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## When a Child Experiences Upset, Adults Practice the Power of Acceptance and the Skill of Empathy.

**Power of Acceptance:** The moment is as it is.

**Skill of Empathy:** An effortful process requiring a willingness to more accurately understand the thoughts and feelings of others.

Power: **Acceptance**



Skill: **Empathy**

### Coach Feelings: D.N.A.

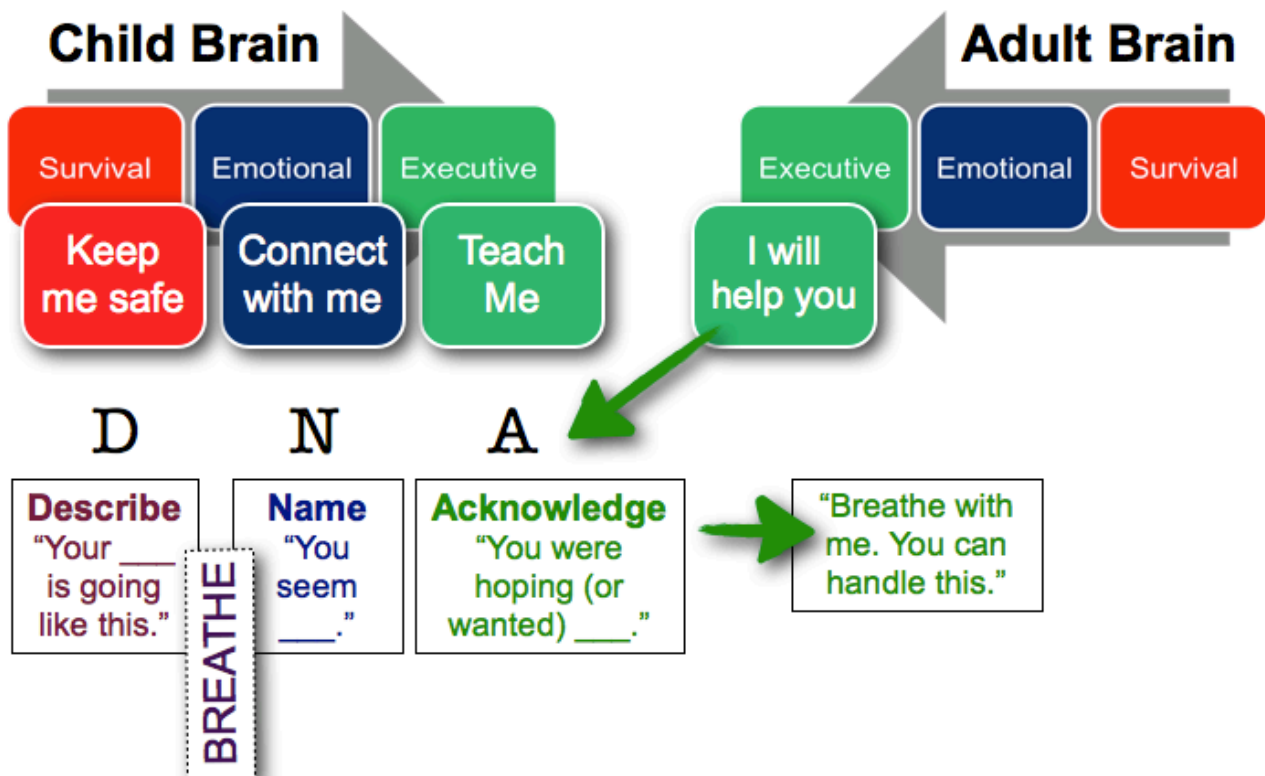
When a child is reacting with body movements:

- **D = Describe** the body movements:

“Your arm is going like this \_\_\_\_\_ and your head is going like this \_\_\_\_\_.”

When a child is reacting verbally:

- **N = Name** the feeling: “You seem angry.”
- **A = Acknowledge** their wants: “You were hoping for \_\_\_\_\_ (you wanted) another turn with the truck.”
- Echo back the child’s concerns and then add: “It’s hard when \_\_\_\_\_. You can handle it.”





## We Care Center

**GOAL:** Utilize empathy as a way of classroom life so children learn to read and understand nonverbal cues of distress in themselves and others, and then respond in loving ways.

How will I introduce the We Care Center in my classroom?

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I will place my We Care Center in this area of the classroom:

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List of materials I want to include for our We Care Center:

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## Kindness Tree

**GOAL:** Honors kind and helpful acts, helping adults and children focus on what is going well and highlighting the many ways we serve one another.

How will I record acts of kindness in my classroom?

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Who will be our Kindness Recorder?

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List of materials I want to include for our Kindness Tree:

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