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.

**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?

________________________________________________________________________________________

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

________________________________________________________________________________________

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

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

**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?

________________________________________________________________________________________

Who will be our Kindness Recorder?

________________________________________________________________________________________

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

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________