**Welcome Club – Caring and Empathy**

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| **Materials** | |
| **Snake Tag** | Cones |
| **Lesson** | strips of colored paper,Crayons, [Empathy worksheet](https://worldrelief.sharepoint.com/:w:/s/Sacramento-Education/EWs44HE0XpZLqyDddGnpmzUBPsG225f7nKfw_d352ULbKw?e=pqtrTs) (4 corners of empathy) prize |
| **Appreciation poster** | Paper - different colors, body outline Poster Board, Tape |

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| **Objective** |
| Students should be able to….   1. Recite our definition of Empathy. 2. Practice being compassionate with others. 3. Understand the importance of being caring towards each other. |

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| **Welcome Students – 2***0 minutes* |
| Boys and girls will check-in at separate classrooms. (Boys-C4. Girls-C5).   1. **1 Coach** instructs students to line up outside and takes attendance. Be prepared to add new students to the roster. Ask the new student their ***first name, last name, grade* and *teachers name*** (if they do not know the teacher’s name that’s ok...the first 3 are a must). 2. **Remaining Coaches** unstack chairs and prep group tables. **Every table needs:** snacks/drinks, name tags, group’s-colored markers and hand sanitizer. Talk with students while they have their snacks. Use questions below to start conversation.   **Prompt Questions**: What was the best part of your week? What was something difficult that happened this week? What does Angry mean? Did you use your sparkle water bottle at all this week?  **Materials**: name tags, sign in sheet, pens, chips, granola bar, fruit, drink |

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| **Activity:** Snake Tag **–** *10 minutes* |
| This game will be a fun energy exerting game. That will lead to teamwork and students having to be attentive to their teammates.  **How to play:**  Coaches set up cones to show parameters of the playing area.  -1 student or Coach is chosen to be ‘it’. That person must try and tag the other players.  -once someone is tagged, they must link arms/hold hands, and attempt to continue to tag people until there is one person left running away from the ‘snake’.  **Lead Coach:** *(2 minutes)* Explain the rules of the game, but using coaches as examples while talking. Watch over the game to ensure no one gets hurt  **Table Coach:** Participate in the game and make sure students are being fair  **Materials:** cones to represent the corners of playing space  *~4 minutes for transitions* |

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| **Lesson Topic –**Caring and Empathy *30 minutes* |
| This week’s lesson will focus on caring and empathy. Students will be able to demonstrate what they have learned in previous lessons, and understand what it means to be caring and empathetic towards their peers.  **Lead Coach*:*** *(15 minutes) ‘*Today we will be learning about having Empathy and being caring. What is being caring?’ pause for students. ‘ Good job! Yes, caring is what we feel for people who are special in our life like our friends or family. Who is someone you care about?’ pause for students ‘What is Empathy?’ Pause for students. ‘We are going to watch a video about what Empathy is. I want you to listen and pay attention. What do you need to do?’ (students answer ‘listen’)  Start Video at 00:29 <https://www.youtube.com/watch?v=Itp21tly8nM>  **Title**: All About Empathy (for kids!)  **Lead Coach:** Now with your coaches we are going to talk about **How can you practice empathy?** What are some ways that you can practice empathy?  Students name the 4 ways to practice empathy.   1. Paying attention to people's feelings. 2. Think before you speak. 3. Remember everyone is different. 4. Stand up for others.   Lead coach put the 4 corners of empathy up around the room.  With your coaches think of some ways you can practice empathy. Write them down on paper and stick them near 1 of the 4 corners of empathy.  **Table Coaches:** Take out colored strips of paper have students talk about each aspect of empathy and have them write down on colored strips of paper. The students can then stick their notes to the wall.  *\*give out prizes for students who are answering and putting up papers\**  Discussion questions: *(10 minutes)*   * What is empathy? *Thinking about what other people are thinking or feeling* * How can empathy help us understand other people? * How was Suzzie feeling when she lost her cat? * How can empathy make you a better friend? *People feel you understand what they are feeling* * How do you know someone cares about you? * Can you tell us about a time that you showed Empathy for someone else?   **Materials:** strips of colored paper,Crayons, [Empathy worksheet](https://worldrelief.sharepoint.com/:w:/s/Sacramento-Education/EWs44HE0XpZLqyDddGnpmzUBPsG225f7nKfw_d352ULbKw?e=pqtrTs) (4 corners of empathy) prize (Takis, bubbles ect) |

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| **OPTIONAL Activity:** Paper Heart **–** 15 - *minutes* |
| Students will learn how caring actions can help spread positivity in the world. The goal of this craft is to allow students to be kind to their peers by sharing positive statements. Students will create positive statements that they will share to the class.   * *8 minutes* - Students will receive a paper to write in their caring act / positive statement. * *4 minutes* - Once students are done writing, they will take turns taping the paper to a person outline poster board * Students can continue filling more papers to fill the poster   **Take away**: When we show others how we care we can fill them up with positivity.  **Lead Coach:** *(2-3 Minutes)* Explain the activity and answer any questions  **Table Coach:** Help pass out hearts to students and help them with writing in their heart. Participate in activity to encourage kids.   * Come ready with a few things to write. Examples: (names)shoes are always cool, (name) always gives me a hug when I see them, (name) helps their class mates...   **Materials:** cut out paper Shapes, large poster board body outline, tape |

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| **Homework –** Up to *40 minutes* |
| Students will focus on working on their homework for the day.  Transitioning to homework time can be difficult...all coaches should work together to ensure students are moving to desks, pulling out their homework, or picking a worksheet from the folder. Pick a couple students to sit with and assist them during homework time.  **Coaches:** Give any help to students when asked. Help them work out any struggles they might have  **Tutor tip and resources:**   * Don’t give the answer to the students - help them work it out together. * For math, use visuals to help them see the problem clearer; Help them spot key words in word problems and how to solve it * For literature/English, help them sound out difficult words; if they are struggling and do not know the word, give them synonyms and give them a push to right direct |

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| **Clean Up– 5** *minutes* |
| Instruct students to pick up and throw away trash before they leave.   1. Pick up and throw away trash. 2. Sweep floor 3. Clean up WC supplies   **Coaches please fill out this short form.**  https://forms.office.com/r/r1kpc21QTh |