FOCUS ONE

I have many different feelings. I care about my feelings and the feelings of others.

Peace Point: Talking about feelings helps children to accept and express emotions and to deal constructively with them. They learn to respect the feelings of others.

Introduction: I-Care-Cat's Visit

Hello, children. I feel so good today. I'm happy to be here with all of you today. There are so many things that make me feel happy. On my way here, I saw a little cat family with the little kittens playing in the grass. I watched quietly and enjoyed seeing them have fun. The trees and flowers make me feel happy. Watching children sharing their toys makes me feel happy. Being here with you makes me happy. Let's sing a song about being happy:

If you're happy and you know it, clap your hands,
If you're happy and you know it, clap your hands,
If you're happy and you know it,
Then your face will surely show it,
If you're happy and you know it, clap your hands.

I know lots of other things to do when I'm happy, and I bet you do, too. Let's sing again, but instead of singing "clap your hands" let's sing "hug a friend." (repeat song)

I was feeling sad this morning. My friend moved away. Have you ever had a friend move away? I'm going to visit her in her new house. I'm excited about seeing my friend again.

Isn't it amazing how many different feelings human beings have! Sometimes they feel sad. Sometimes they feel happy. Sometimes they feel angry, afraid, excited, worried. People need to show these feelings. People have many different feelings because they are human, and humans care about each other's feelings.

Let's say our I-Care-Rules together:

We listen to each other.
Hands are for helping, not hurting.
We use I-Care-Language.

Today let's talk about our next rule:

We care about each other's feelings.

Let's say it together. "We care about each other's feelings." We do and say many things to show we care about each other's feelings.

Thank you for this happy visit. I'm going to visit my friend who moved away. I'm so excited about seeing her again. See you soon. Bye bye. Today, try to care about each others' feelings.
FOCUS TWO

I TAKE RESPONSIBILITY TO SAY WHAT I WANT AND HOW I FEEL.

Peace Point: I-Care statements help children take responsibility to stand up for their rights while respecting the feelings, dignity and rights of others. I-Care statements attack problems, not people.

ACTIVITIES

1 I-CARE-LANGUAGE

♦ Introduction: When you were a little baby, you could not tell people how you felt or what you wanted. How do babies let people know what they want and how they feel? (scream, kick, smile, cry, gurgle, throw) Yes, babies cannot tell with words what they want or how they feel. Babies grow and change. What new ways do babies learn to tell people what they want and how they feel? (words) Yes, we learn to talk to each other because we all have wonderful human brains.

Listen as I read this story about Johnny and Suzy:

Johnny was playing with the blocks. He piled them in just the right way. He called Suzy to come over and see his beautiful city. Suzy said that they looked stupid and gave them a push.

♦ Discussion: Has something like that ever happened to you? How did you feel? What did you do? What do you think Johnny could say to Suzy?

Today we're going to learn what to say to someone who does something that you don't like.

1. Use the person's name ........Suzy,

2. Tell how you feel ...............I feel angry

3. Tell why ......................when you knock down my blocks.

4. Tell what you want .............Please don't do it again.

Let's practice. Have children take turns saying the sentence.

Let's listen to another story:

♦ Mary Jo loves to have fun. She enjoys bouncing the big red ball. As she bounces it, she says, “Bounce a ball, bounce a ball, I love to bounce a ball.” Nancy goes over to Mary Jo and grabs the ball.
What can Mary Jo say to Nancy using I-Care-Language?

1. Use the person's name ........ Nancy,

2. Tell how you feel .............. I feel mad

3. Tell why ...................... when you grab my ball.

4. Tell what you want ............ Please don't grab.

Let's practice. Have children take turns saying the sentence.

Here are more stories for children to practice I-Care-Language:

- Ashanti and Larry both like to be first in line. As Ashanti is lining up, Larry comes up and says, “I'm first.” He gives Ashanti a push.

What can Ashanti say to Larry using I-Care-Language?

Larry, I feel furious when you push me. Please wait your turn.

- Lucy has just drawn a picture for her mother. It is on her desk. Lucy is very proud of her picture. While she goes to put her crayons away, David scribbles all over her picture. Lucy returns to her desk and finds her beautiful picture ruined.

What can Lucy say to David, using I-Care-Language?

David, I feel sad that you scribbled on my picture. Please don't ever do that again.

- Alice and Fran are putting together a Mickey Mouse puzzle. Alice is holding most of the pieces. Fran says, “You hog! Give me some pieces.”

What can Alice say to Fran using I-Care-Language?

Fran, I feel angry when you call me names. Please call me by my real name.

- Alex, Russell, Karina, and Rodolfo are working on an art project. Teacher asks them to put their materials away. Alex doesn't help.

What can the other children say using I-Care-Language?

Alex, we feel upset when you don't clean up. Please help us.

♦ Activity Book: Pages 28, 29.