

A Time I Showed Someone That I Care

A Sharing Circle

Objectives:

The students will:

- recall incidents in which they showed caring, empathic behavior.
- acknowledge, validate, and support the caring behaviors of others.

Introduce the Topic:

Our topic today is, “A Time I Showed Someone That I Cared.” We are all affected by people who care about us. And we have the ability to influence how others feel as well. Think of a time when you showed someone that you empathized and cared and it made the person feel good. Have you ever tried to cheer up a friend who was feeling badly? Perhaps you helped a younger brother with his homework or a little sister tie her shoes. Maybe when your parent was tired from working all day, you helped prepare dinner. Or maybe you told a friend that you understood how he or she felt because you’d felt that same way. How did the person react to your empathy and caring behavior? How did you feel about what you did? Think of the many times you have shown someone that you cared, and share one example with us. Our topic is, “A Time I Showed Someone That I Cared.”

Discussion Questions:

- How do we affect the world we live in when we show people that we understand and care about them?
- Why is it important for us to see ourselves as caring people?
- How do we learn to be caring people? How do we learn empathy?