

# How to Use the We Care Center in the Classroom

- The We Care Center provides children with a symbolic way of expressing empathy, encouragement and compassion for others. Empathy is powerful in regard to discipline because it helps children to own their feelings rather than blame or attack others.
- The We Care Center encourages children to offer a symbolic form of caring that will vary depending on age. It can be a bin or case filled with props that help children demonstrate caring for others.
  - Young children might offer a stuffed animal or some Calming Cream or Mist to a classmate.
  - Older children might write a note card or share an I Love You Ritual.
- The form of the offering is less important than the act of recognizing another's distress and offering an understanding, caring gesture.
- When children do this, they simultaneously become more accepting of their own upset internal states so they can move through them in healthy ways.

# We Care Center Classroom

