

Empathy Heart Tags

GIVING

To help students express care and empathy by creating heart-shaped tags that represent kind actions they've done for others, fostering a culture of kindness and understanding in the classroom.



Learning Intentions

I can express care and empathy through thoughtful actions:

This encourages students to recognise the impact of their kind actions and to think about how they can show care for others.

I can reflect on kind gestures I've made toward others and express them creatively:

This allows students to reflect on their positive actions and gives them an opportunity to share their empathy in a creative way.

I can contribute to a positive and empathetic classroom environment:

This helps students understand the importance of fostering empathy within their community and seeing the value in supporting one another.



Success Criteria

Creating a Heart-Shaped Tag for a Kind Act:

Students can create a heart-shaped tag that reflects a kind act they've done for someone, ensuring they are actively engaging in identifying and expressing their acts of kindness.

Decorating the Tag Creatively:

Students can decorate their tag to make it personal and meaningful, encouraging creativity while reflecting on their empathy and kind actions.

Displaying the Heart Tag as a Reminder of Empathy:

Students can display their heart tag as a reminder of the empathy shared in the classroom, reinforcing the importance of expressing care and empathy, creating a visual representation of kindness.



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Objective: To help students express care and empathy by creating heart-shaped tags that represent kind actions they've done for others, fostering a culture of kindness and understanding in the classroom.

Players: Ideal for small to medium-sized groups (5-26 students).

Materials:

- Paper or card (preferably in heart shapes or to be cut into heart shapes).
- Markers or coloured pencils for decorating.
- Stickers, glitter, or other decorative items (optional).
- Tape or string to hang the tags.

Time Required: 15-20 minutes

Setup: Provide each student with a heart-shaped piece of paper or card and art supplies for decorating. You may want to prepare the heart shapes in advance or give students the option to cut them out themselves. Set up a space where the tags can be displayed.

Gameplay:

1. **Introduce Empathy and Kindness:** Start by discussing empathy, what it means and why it's important. Talk about how small acts of kindness, like helping a friend or complimenting someone, can make a big difference in how others feel. Explain that today's activity will focus on reflecting on these acts of kindness.
2. **Create the Empathy Heart Tags:** Give each student a heart-shaped piece of paper or card. Have them write something kind they've done for a friend, family member, or classmate on their heart. This could be anything from helping with homework to sharing a toy or saying something kind to someone.
3. **Decorate the Tags:** Once the students have written their kind acts, encourage them to decorate the heart tags. They can use colours, stickers, or drawings that make the tags special to them.
4. **Display the Tags:** After the students have completed their tags, ask them to hang or tape their heart tags around the classroom on a designated "Empathy Wall". This creates a visual reminder of the kindness and empathy shared among the students.

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5. Variation: You could pair students up and have them write something kind on their hearts that relate to their partner. For example they may write something kind the other person has done for them or something positive that they admire about their partner. Once created the students give their kindness hearts to their partner as a kind gesture and display of their appreciation of them.

6. Reflection Time: After the tags are displayed, gather the students and reflect on the experience. Ask questions like:

- “How does it feel to express care for others?”
- “How can we continue showing empathy toward each other?”
- “What are some other ways we can be kind to our friends and family?”

Winning the Game: There is no winner in this activity. The goal is to promote empathy, kindness, and personal reflection. Success is measured by students’ engagement in reflecting on and expressing their kind actions.

Additional Notes: Empathy Heart Tags provide a creative way for students to reflect on and express their kindness. By sharing these acts with their peers and displaying them as a reminder, students reinforce the value of empathy in building a positive, supportive community. This activity encourages students to think about how their actions can positively affect others, helping to foster an empathetic and caring classroom environment.

