EXTENSION PROGRAM FOR HEALTHY COMPASSIONATE TOUCH

Worksheet for the video: Examples for Elementary School

Shaking hands or a hug that is initiated by the child as they enter the classroom

Asking the question “May I touch or hug?”

The teacher reinforces the answer of the child whether it is verbal or non-verbal

Sign of trust if want they want to hug or hold hands with a friend or the teacher

Through the skilled observation of a teacher the child can initiate or lead what he or she wants.

When a child puts their hand up in anger or frustration to another child – give the child another option such as saying “Please don’t touch.” or “Please Stop.”

When a child is using aggressive touch then the teacher can go up to the child and model kind and gentle touch on their own shoulders and move down their arms and say “You seem a little upset or sad.”

Use the phrase “We only touch a friend gently” and show them as well. Ask the child “Can you show me a gentle touch please?”

Teach them how to be empathetic by asking them to go and check if their friend is ok.

When academically frustrated allow them to lean into you – it supports their learning and makes them more receptive.

If a child is waiting for your attention whilst you are already attending to another child you can give the option of placing a hand on your shoulder whilst they wait.