EXTENSION PROGRAM FOR HEALTHY COMPASSIONATE TOUCH

Worksheet for the video: Examples for Middle School

Shake hands when entering the class and giving feedback to the students on how to shake hands.

The process of shaking hands helps them to slow down when coming in and helps to read the children to see how well they are doing.

Puppy piles are age appropriate!

Guidelines for touch at school when students “like” each other:
A quick hug is appropriate.
Holding hands when walking down the corridor or when sitting in class is not.

School dances:
Offer your hand when asking somebody for a dance
Show the students how to use their hand in the small of the back for dancing
Saying thank you when asked to dance

When a student is distressed put a hand on the shoulder to ask if they are feeling ok and would they like to talk. The touch brings warmth and gives them permission to come back for help if they want to later.

A teacher may say “Can I give you a hug?” in response to a kind gesture from a student. The students are told that it is ok to say no – they are given permission. The teacher carefully observes the students reply both their verbal and non verbal response and can help them to say “no” if they are not comfortable with giving a hug.

Pay attention to their response to touch if it is negative then respect that touch may not be helpful to that student.

Don’t smother them, find a good pace and have it be natural.