

WHAT IS IT? (RATIONALE)

Everyone needs a pat on the back once in a while and this tactile experience promotes good self-esteem.

GETTING STARTED (PROCEDURES & MATERIALS)

Divide the students into two groups; one group sitting at their desks, and the others standing in the back of the classroom. Read the “feel good” phrases listed below, giving the students enough time to touch as many people as they want to on the shoulder or back. (Make sure everyone is touched: if not, make sure you station yourself near the children who might not be touched so that you can sneak a touch.) After a given number of phrases, switch the groups and repeat. There should be no talking and the students should be shown the proper way to touch someone else so that no one feels uncomfortable. Soft music could be played during this exercise. The students can remain in their seats, but must have their heads down so that no one can see who is doing the touching.

SOURCE

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ADAPTATIONS

Have the class help develop “feel good” phrases. You could also do educational sayings such as “A special person who has blue on their t-shirt.”

Examples of “feel good” phrases include:

- A person who makes me smile.
- A person who makes me laugh.
- A person upon whom I can depend on.
- A person who likes me for who I am.
- A person I like to talk with.
- A person I can depend on.
- A person who I would like to get to know better.
- A person who makes me feel comfortable.
- A person who has great ideas.

COMMENTS FROM PILOT PROGRAM

- “We talked about good feelings instead of competition.”
- “This was the kids favorite activity. It reminds teachers how much students need and want to know that others like them.”
- “The students really like the special attention they received. Definitely a confidence builder.”



BODY IMAGE
LATERALITY
LARGE MUSCLE
SMALL MUSCLE



FINE MOTOR SKILLS
GROSS MOTOR SKILLS
HAND-EYE COORDINATION

DOMAINS ADDRESSED



NONE



BEST EFFORT
SELF CONTROL