




SOCIO-EMOTIONAL SKILLS FOR DEMOCRACY

Activities - Altruism

The Carer

 **Objective:** to develop kindness, benevolence and altruism

 **Duration:** 10 to 15 minutes

 **Pre-requisites:** none

 **Organization:** in large or small groups

Materials:

Small pieces of paper on which the names of the pupils are written beforehand.

Procedure

Each participant is secretly given the name of a person who will become their carer for one day or one week.

During this period, they are invited to take special care of one person they have been ascribed to. The special carer would give (discreetly) attention to the person he or she is ascribed to, express encouragement, highlight his or her strengths, support him or her in difficulties, etc. Everyone has their own 'carer'.

Feedback: at the end of the set period, the pupils discuss the experience. They can tell each other whether they recognised the identity of their 'carer' and what they thought of the experience.

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