

LEARNING OBJECTIVES

The purpose of this lesson is to help students develop empathy or practice trying to understand how others are feeling.



LESSON CONTENT

Empathy is the ability to understand and share the feelings of another person. Empathy helps us increase our understanding of others and their circumstances while also allowing us to connect to feelings or emotions others may be having.

STRATEGIES

- Ask questions to understand.
- Practice kindness and service.
- Consider the feelings of others.

CONVERSATION STARTERS

- What does it mean to have empathy?
- Why is it important to practice empathy and compassion?
- Who is someone at school that you think could use some empathy or compassion?

EXTENDING THE LEARNING

- In order to be empathic, you need to understand emotions. Create an emotions book. Each page has a unique emotion (e.g., happiness, frustration, excitement, etc.). Draw a picture that represents that emotion. This week, practice recognizing when you think other people are feeling these emotions.