

LEARNING OBJECTIVES

The purpose of this lesson is to examine how empathy and compassion towards others can help everyone feel more included and understood.



LESSON CONTENT

Empathy is the ability to understand and share the feelings of another person.

Empathy helps us build relationships by increasing our understanding of others and helping us know how best to apply compassion based on what we know others need.

STRATEGIES

- Be inclusive and kind.
- Ask questions and listen well.
- Advocate for people in trouble.

CONVERSATION STARTERS

- How can you try to understand what someone else is feeling?
- Why are people excluded sometimes instead of being included? What can you do to better include others?
- Why is it important to consider situations from different perspectives?

EXTENDING THE LEARNING

- Visit a local museum. Try to step into the shoes of the people that you are learning about. How are your lives the same and different? What are some challenges that they faced? What is something important that you can learn from them?
- Create an everyone belongs club at school or in your neighborhood. Invite everyone.