

## **SPECIFIC GOALS:**

### **Lesson: Empathy**

1. To define and understand empathy.
2. To learn the Five Skills to develop empathy.

## **PREPARATION AND MATERIALS:**

1. Five (5) cards listing Five (5) Skills to Develop Empathy in numerical order.
2. Storybook/reading lesson or magazine page featuring strong emotion (emotional stimulus).

## **PROCEDURE:**

1. Teacher writes the word “empathy” on the board and asks, “Can anyone define empathy?” After discussion, write on the board the definition: *“Empathy: the ability to understand and share the feelings of another person.”*
  2. Teacher asks students to think of a time when someone showed you empathy, or when you showed someone else empathy. List up to ten (10) responses on the board.
  3. Note which responses are similar.
  4. On five cards, introduce the 5 Skills to Develop Empathy:
    - Step 1 – Watch & Listen:** What is the other person saying and what is their body language?
    - Step 2 – Remember:** When did you feel the same way?
    - Step 3 – Imagine:** Imagine how you might feel in that situation. Validate the wide range of emotions that come up.
    - Step 4 – Ask:** Ask how the person is feeling.
    - Step 5 -- Show You Care:** Let them know that you care through your words and actions.
  5. Show an emotional stimulus picture from a storybook or magazine (with an issue relevant to your students), and use the 5 Skills to analyze the picture and practice developing empathy:
    - **1. Watch & Listen:** What is happening? Ask, “How does the person feel?” “How can you tell?” Discuss strategies to figure it out, such as asking: “What do their words say? “What does their body language say?” “Does what they say match their body language?”
    - **2. Remember:** Have you felt the same way? Ask “When did something like this happen to you?”
    - **3. Imagine:** Imagine how you might feel. Ask the class for examples of what it might feel like, and how they might act. Examples: “I’d feel like crying; I’d want to hit back; I’d feel very embarrassed.”
    - **4. Ask:** Find out how the person is feeling. Have students provide examples of what they could say to someone, such as “Are you OK? What happened to you? How do you feel? How are you doing?”
    - **5. Show you care.** Ask the students how to show someone that you care, and list answers on the board. Some examples: “Listen with all your attention, spend time with them, stay with them (don’t leave), say, “I’m sorry you’re feeling this way.” Encourage them, “Let’s get help, How can I help? Do you need a hug? I’m here for you, etc.”
- **CLASS ACTIVITY:**

Select some student volunteers to role--play. Choose one of the following scenarios:

- I was bullied on the playground.
- The gym teacher yelled at me in front of the entire class.
- I haven't seen my \_\_\_\_\_[relative] in 3 months.
- I didn't get picked for the basketball team.
- My friend was invited to a party, but I wasn't.

Ask the class: "How can you show empathy for one of your classmates, and how could they show empathy for you in these scenarios?" Use the five steps to practice empathy skills.

## HOMEWORK: LEARNING ABOUT EMPATHY

Together we are learning about **Empathy**: “the ability to understand and share the feelings of another person.” We are also learning how we can show it to others. Showing empathy at home helps makes relationships stronger, just like it does in our community.

We learned the 5 Steps to Empathy:

**Step 1 – Watch & Listen:** What is the other person saying and what is their body language?

**Step 2 – Remember:** When did you feel the same way?

**Step 3 – Imagine:** Imagine how you might feel in that situation.

**Step 4 – Ask:** Ask what the person is feeling.

**Step 5 -- Show You Care:** Let them know that you care through your words and actions.

**Students:** What are some ways you can show empathy/show you care for people in your family? Choose one of the following examples to practice at home for at least a week:

| #1) What do I want to practice?                | #2) How will I benefit from my goal?      |
|--|---|
| θ Be kinder to a sibling or friend             | θ We will both feel better                |
| θ Help my parent(s) by being ready for bedtime | θ will be rested for the next day         |
| θ Do a chore                                   | θ will be a helpful part of the family    |
| θ Complete my homework without being reminded  | θ will be prepared for class              |
| θ Put things away                              | θ can find what I need and help my family |
| θ Other _____                                  | θ other                                   |

**Adults:** Discuss the scenario from above that your young person has chosen and why they have chosen it. Then, please work with them to fill out the “Choice for Change” Chart. Note that it is normal for obstacles to show up. Please use Empathy Steps 1--5 to help your young person come up with her/his own strategies to overcome the obstacles:

**Step 1 – Watch & Listen:** What is the other person saying and what is their body language?

**Step 2 – Remember:** When did you feel the same way?

**Step 3 – Imagine:** Imagine how you might feel in that situation.

**Step 4 – Ask:** Ask what the person is feeling.

**Step 5 -- Show You Care:** Let them know that you care through your words and actions.

By doing so, you can help create positive change to make relationships stronger.

**FOR PARENTS: Please write YOUR OBSERVATIONS on the opposite side of this page.**

## MY CHOICE FOR CHANGE

|                                    |               |                |                       |                      |               |                      |                    |
|------------------------------------|---------------|----------------|-----------------------|----------------------|---------------|----------------------|--------------------|
| _____<br><b>2017</b><br>(month)    | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesda<br/>y</b> | <b>Thursda<br/>y</b> | <b>Friday</b> | <b>Saturda<br/>y</b> | <b>Sunda<br/>y</b> |
| Check off<br>each day<br>completed |               |                |                       |                      |               |                      |                    |

|  |   |
|--|---|
| <b>#1) What do I want to change?</b><br><br><input type="checkbox"/> Be kinder to a sibling or friend<br><br><input type="checkbox"/> Help my parent(s) by being ready for bedtime<br><br><input type="checkbox"/> Do a chore<br><br><input type="checkbox"/> Complete my homework<br><br><input type="checkbox"/> Put things away<br><br><input type="checkbox"/> Other _____ | <b>#2) How will I benefit from my goal?</b><br><br><input type="checkbox"/> We will both feel better.<br><br><input type="checkbox"/> I'll be rested for the next day<br><br><input type="checkbox"/> I will be a helpful part of the family<br><br><input type="checkbox"/> I will be prepared for class<br><br><input type="checkbox"/> I can find what I need & help my family<br><br><input type="checkbox"/> Other |
|--|---|

**#3) What Obstacles do I have?** (Examples: "It's all mixed up," "I don't know what to do," "No time," etc.)

**#4) My Strategies to Overcome My Obstacles** (Examples: "Have a family meeting," "Ask for help," "Make a plan," etc.)

| #5) Specific Action Steps to Achieve My Goal | Completed? | How did this work for you? |
|--|------------|----------------------------|
| 1.   |            | Circle one.                |
| 2.   |            |                            |
| 3.   |            |                            |
| 4.   |            |                            |

## MY CHOICE FOR CHANGE

|   |               |                |                  |                 |               |                 |               |
|---|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| <u>      </u><br><b>2013</b><br>(month) | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b> | <b>Sunday</b> |
| Check off each day completed            |               |                |                  |                 |               |                 |               |

|   |   |
|---|---|
| <p><b>#1) What do I want to change?</b><br/>         Example: Be kinder to a sibling or friend</p> <p>2.</p> <p>3.</p> <p>4.</p>  | <p><b>#2) How will I benefit from my goal?</b><br/>         We will both feel better 1.</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> |
| <p><b>#3) What Obstacles do I have?</b> (Examples: "It's all mixed up," "I don't know what to do," "No time," etc.)</p>           |   |
| <p><b>#4) My Strategies to Overcome My Obstacles</b> (Examples: "Have a family meeting," "Ask for help," "Make a plan," etc.)</p> |   |
| <p><b>#5) Specific Action Steps to Achieve My Goal</b></p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p>                                | <p><b>Completed?</b></p> <p><b>How did this work for you?</b><br/> <b>Circle one.</b></p>   |

