



Online Lessons Created for IMPACT

The Empathy Project





The Empathy Project

Learning Targets:

- Empathy for other people
- Understanding Feelings and Backstories
- Learn active listening skills
- Learn how to be assertive in a respectful way
- Project planning and communication

Standards:

- **5.TS.7.A.a** Identify, select, analyze, evaluate, and use resources to create a product of social science inquiry with guidance and support as needed.
- **5.R.1.C** Making connections
- **5.W.1.B.e** Address an appropriate audience, organization, and purpose
- **5.W.1.B.a** Choose an appropriate organizational structure and build on one main idea

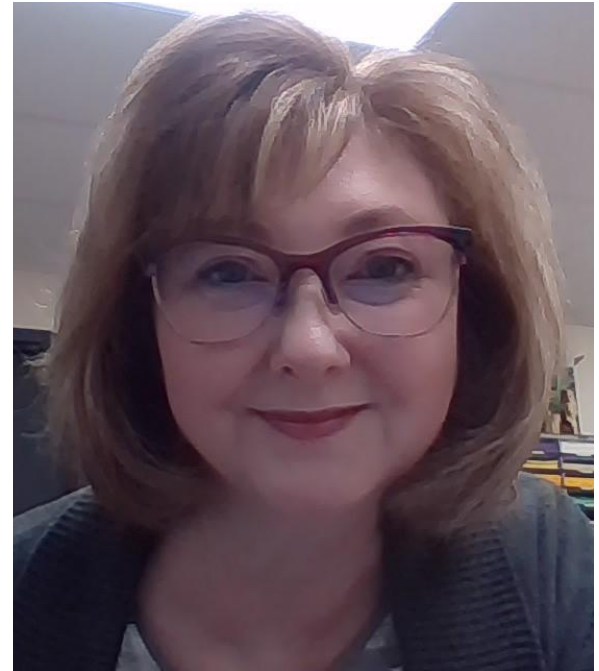


The Empathy Project

Hi IMPACT Friends!

This week we are going to focus on **empathy**! We are going to learn about how to show empathy and understanding for other people. Why is empathy important? It helps make our IMPACT students a family that shows kindness to each other. We can all become better people by showing empathy.

♥ Mrs. B



What is empathy? ♥

Empathy can help us work together with other people. Talk to a family member and come up with a definition for empathy and how it is different from sympathy.

Empathy is ... It is different from sympathy because...

You can share your definition on Seesaw!

Next we'll watch two videos that can help us understand what empathy means. You can use this [note taking page](#) or piece of paper you have at home.





Share your new definition

- How did your definition change? Why?
- What would you do if someone shares something painful with you?
- Have you ever shared something personal/painful?
- How did the other person react? Did it help?
- You can post your answers as comments on Seesaw.

Your Mission:

Help your IMPACT teachers encourage students to show empathy in their classrooms. Each day we will be learning about empathy and how we can use it to help us connected with other people and be kind. At the end of our unit, you will have several choices of projects you can do to help your teachers encourage empathy in our classrooms.

THE IMPORTANCE OF EMPATHY



Which skills can we practice to become better at showing empathy?



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Which skills do we need to practice?

1. Be observant of others.
 - a. What kind of day are they having?
 - b. How are they feeling?
2. Use active listening.
 - Consider the other person's statement
 - Ask follow up questions
 - Try to understand their emotional state
 - What are their intentions
3. What life experiences led them to their current world view
4. Open Up - Listen to and share with others
5. You don't have to agree to understand their opinion

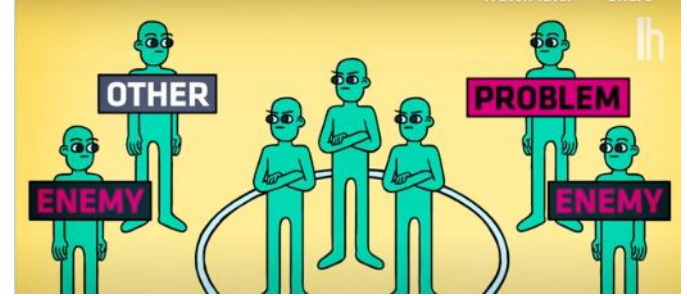


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Without empathy . . .

We see people who do not fit into our group as:

- Others
- Problems
- Enemies



Can you think of something going on right now that shows a lack of empathy? Talk to your guardians about what is happening and brainstorm ways that the people involved could show empathy and make connections with each other.



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Activities:

1. **Interview** - Record yourself asking a family member to define what empathy means and how it is different than sympathy.
2. **Role playing** - Have a family member help you act out the situations listed on the linked webpage.
3. **Feelings Slideshow** - Using Google Slideshow create five pages with a **person's** face on each page. Create a short story about the emotion that is shown on each page.

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What did we learn today?

1. Explain what empathy means and how it is different than showing sympathy.
2. List the six skills we can practice to better show empathy.

Now that you know the skills to practice, let's take a look at becoming more observant of others!



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How do we become more observant?



1. Be observant of others.
 - What kind of day are they having?
 - How are they feeling?

Be sure to pause the video and write down all the feelings you see on Paige's face (up close photo). Then watch the rest of the video so you can see her backstory (what happened to cause her feelings).

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Everyone you meet
is fighting a battle
you know nothing
about.
Be Kind.
Always



What is his backstory?

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Pick a picture below and write a backstory for how that child feels.



Alex



Tessa



Jacob



Olivia

Henry



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Mrs. Bonner's Example Backstory

Tessa loves summertime. Her favorite thing to do is swing in her backyard. Her daddy hung a swing on a huge oak tree that provides shade in the afternoon. Tessa missed her daddy. He was stationed overseas in the air force and was not due to return home for another three months. The picture above was taken on a

day that Tessa was swinging outside. She was singing a song she made up as she moved back and forth. All of a sudden, she saw a man in uniform walk into the back yard. It was her daddy! A big grin spread over her face, before she jumped off her swing and ran into his arms. He hugged her tight and swung her around so that her feet flew through the air. It was the best day ever!

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What did we learn today?

1. What is a backstory?
2. How can a person's facial expressions sometimes be confusing?

Now that you have learned about backstories, let's take a look at active listening!



Active Listening:

Pay **Attention**

Look at the person talking, face the speaker

Detect **Emotions**

Look for body language and facial expressions

Withhold **Judgement**

Don't judge the person feelings or situation

No **Interrupting**

Don't focus on what you want to say next

Ask **Questions**

Avoid yes/no questions and ask follow up questions to clarify

Summarize the key facts



Pay Attention
Look at who is talking



Detect Emotions



Withhold Judgement
No Judging the person's feelings or situation



No Interrupting the Speaker



Ask Questions
Avoid yes/no questions
Ask for clarification

SUMmarize It
Shorter than the text
Use your own words
Main ideas only 

Summarize
Recap key facts

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Be Aware of the **Barriers** to Listening

- We think we're right and the other person is wrong
- We feel we have to provide help right away
- We prefer to talk rather than listen
- We are waiting for gaps or pauses to jump in with our response

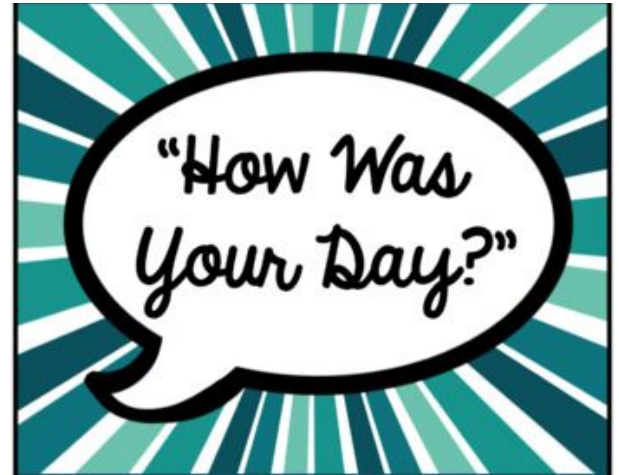


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How do we practice active listening?

Ask three people about their day!

- Make eye contact and face them as you pay attention
- Look for emotions based on facial expressions and body language
- Do not judge how they feel - just listen
- Do not interrupt them while they are talking, or be distracted by what you want to say next
- Ask them questions about what they said
- Summarize the key points of what they told you



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What did we learn today?

1. List three things you need to do when you are practicing active listening.
2. Summarize the conversations you had when you asked people about their day.
3. Explain why active listen is important for empathy.

Let's look at another skill!



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What is assertive communication?

Assertive communication is expressing our needs and feelings clearly and honestly, while respecting the needs and feelings of others.

What is the difference between passive, aggressive and assertive communication?



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5 tips for Practicing Assertive Communication

1. Learn to identify your feelings (internal)
2. Learn how to ask for what you need. People are more open to hearing about what you need if you explain why.
3. Practice being assertive with your best friend, a family member or a waiter.
4. Be aware of your body language and the tone of your voice
5. Don't wait - the longer it goes on, the more it will be acceptable



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Being Too Passive

People who act too passively often end up feeling taken advantage of. They may begin to feel hurt, angry, or resentful.

When you hold back what you think and feel, others don't get to know or understand you as well as they could. The group doesn't benefit from your input or ideas.

If you start to feel like your opinions or feelings don't count, it can lower your confidence and rob you of the chance to get recognition and positive feedback for your good ideas.



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Being Too Aggressive

People who come across as too aggressive can find it difficult to keep friends. They may dominate conversations or give their opinions too boldly and forcefully, leaving others feeling put off or disrespected.

People with an aggressive style may get other people to do things their way, but many times they end up being rejected or disliked. They often lose the respect of others.





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How do we respectfully disagree?

Avoid putting down the other person's ideas and beliefs.

Instead of saying what you might be thinking ("That's a stupid idea!"), try: "I don't agree, and here's why."

Use "I" statements

Telling your mom or dad, "You always remind me about my chores on Wednesdays when you know I have a lot of homework" has a very different tone from "I'm feeling pressured because I have a lot of homework tonight. Can I do those chores tomorrow?"

Listen to the other point of view.

Being a good listener is a way of showing that you respect and understand the other person's perspective. That makes it more likely he or she will do the same for you.

Stay calm.

This is the most important thing you can do to keep a conversation on track.

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How would you practice assertive communication?

You have been assigned to work on a class project with Joe. He does not want to do the work and suggests that you are smarter and you should do the project. How do you handle it?

(You can post how you would handle it on Seesaw or tell your parent.)



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What did we learn today?

1. What are two tips for assertive communication?
2. Define a passive communicator and explain the problems that come with being too passive.
3. Define an aggressive communicator and explain the problems that come with being aggressive.

Project Time!

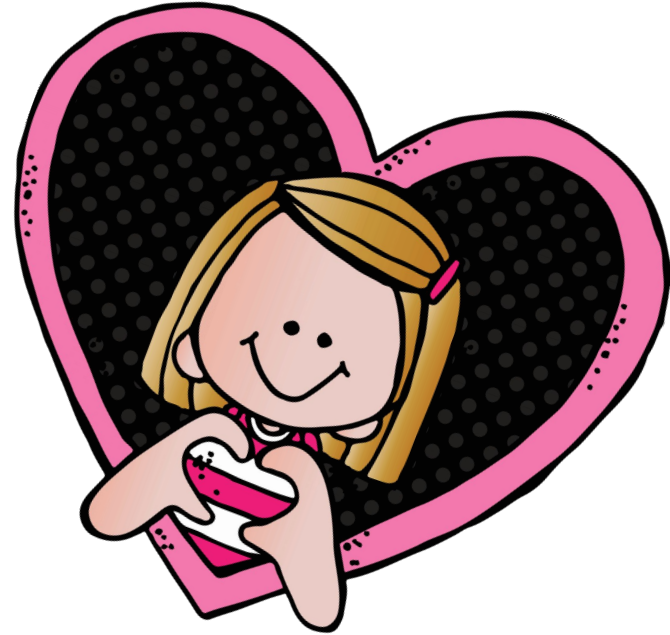


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Your Final Project!

Help your IMPACT teachers encourage students to show empathy in their classrooms. Each day you have learned about empathy and how you can use it to help connect with other people and be kind. You will have [several choices of projects](#) you can do to help your teachers encourage empathy in their classrooms.

If you would like Mrs. B to see your work, you can email her or take a picture for Seesaw!





Resources

Websites

- <https://kidworldcitizen.org/videos-about-empathy-for-kids/>
- <https://startempathy.org/>

Videos

- <https://www.youtube.com/watch?v=1Evwgu369Jw&t=50s>
- <https://www.youtube.com/watch?v=UzPMMSKfKZQ&t=2s>
- <https://www.youtube.com/watch?v=Y60ILQ3uusA>
- <https://www.youtube.com/watch?v=-V9TBKMxYwA>
- <https://www.youtube.com/watch?v=vlwmfiCb-vc&feature=youtu.be>