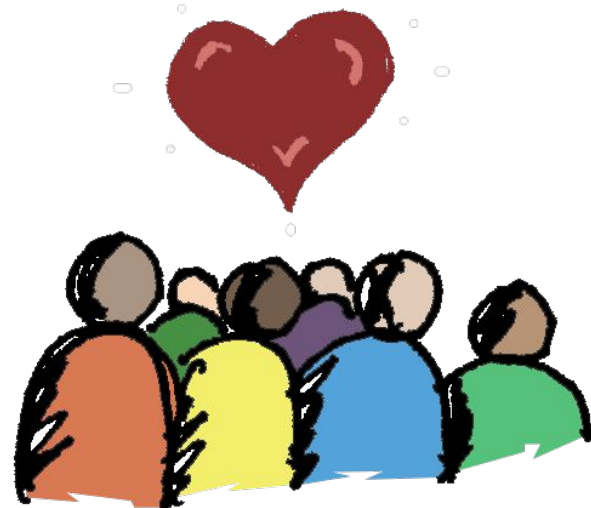




Online Lessons Created for IMPACT

# The Empathy Project

Part 2





# The Empathy Project

## Learning Targets:

- Empathy for other people
- Perspective taking
- Accepting differences
- Disagreeing respectfully
- Responding with compassion
- 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

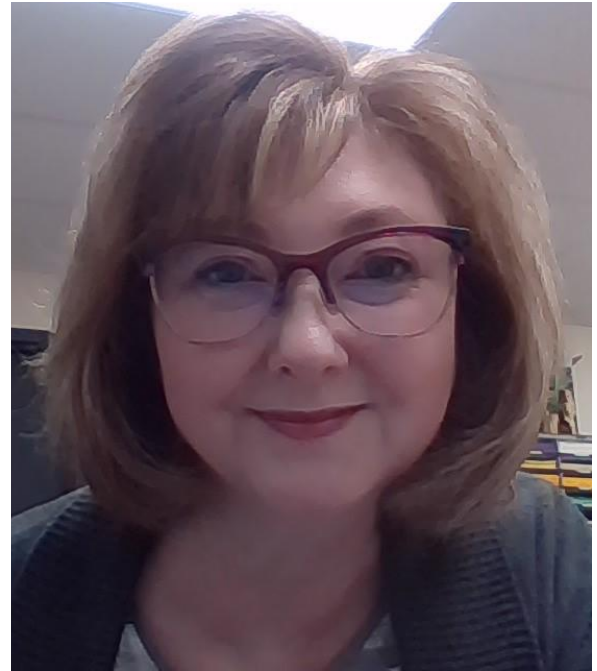


# The Malala Project

## Hi, IMPACT Friends!

This week we are going to learn **more** about **empathy**! 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



# Let's review what empathy means. ♥

In our last unit, we came up with a definition for empathy.

**Empathy is understanding how someone else feels and sharing in that experience. It is different from sympathy because sympathy is when you feel bad for someone.**

We practiced the skills of:

- Identifying Feelings
- Understanding a Person's Backstory
- Active Listening
- Assertive Communication



## **Your Mission:**

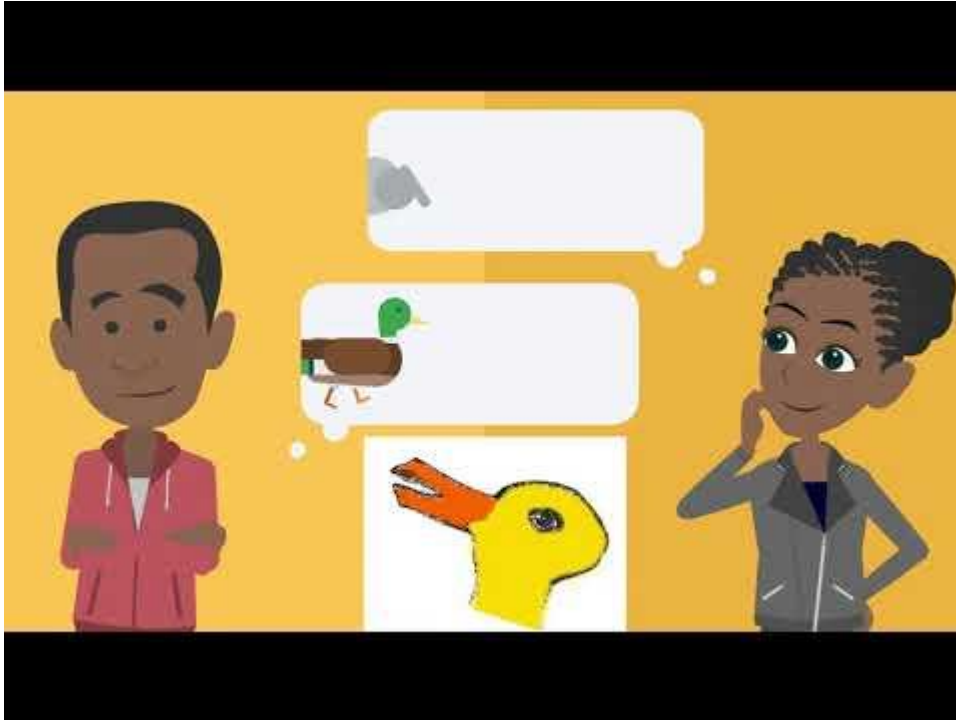
Help your IMPACT teachers encourage students to show empathy in their classrooms. Each day we will be learning about empathy and how we can use it to help us connected with other people and be kind. At the end of our unit, you will have several choices of projects you can do to help your teachers to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

## **The skills we will cover this week are:**

- Perspective Taking
- Accepting Differences
- Disagreeing Respectfully
- Responding with Compassion



# Perspective Taking



- Includes considering the viewpoints and experiences of others.
- It helps you improve your ability to understand, empathize, connect and communicate.
- Perspective taking allows you to advocate for others and the issues you care about the most.

# Perspective Taking



In this video Mike and Kate have different perspectives about what happened. When they don't think about the other person, they both become upset.

See what happens when they take a moment to consider the other person's point of view.



# The Empathy Project

## Activities:

1. Place an object in the middle of your room. Have you and a family member draw that object from different locations in the room. Is it the same object? Do the pictures look different? Why?
2. Write a script for a video of two people who have different points of view about the same situation. If you want your IMPACT teachers to see it, record it on Seesaw.
3. Enjoy the book [\*\*The Pain and the Great One\*\*](#) by Judy Blume. Write your own story from two different points of view.



# The Empathy Project

## What did we learn today?

1. Why is taking perspective important when communicating with others?
2. Tell a parent about a time that it helped to take perspective (understand someone else's point of view).
3. Make a list of stories like The Pain and the Great One that highlight taking perspective.

**Now let's look at accepting differences.**



# The Empathy Project

## What does the word prejudice mean?

The word prejudice means to judge. People who are prejudice means they judge or form an opinion about a person before knowing them. It is unfair, hurtful and disrespectful to form opinions about people before getting to know them. Everyone can benefit from accepting other people's differences.



1. Do you ever feel like other students are prejudice towards you?
2. Do people judge you because you come to IMPACT?
3. Has anyone ever had unfair expectations of you because you are gifted?
4. If someone called you weird, how would you feel about it?

# Accepting Differences



1. How did Cole feel about his mother saying he was weird?
2. Why might some people think Cole's friendship with Stephen is different?
3. Explain prejudices that a person with autism might be faced with at school.
4. Why is Cole a good role model for other students?



# Accepting Differences



Click on picture to watch the video.

1. How are Jia and Zuri different?
2. Think about some ways that the girls are similar.
3. Why do you think Jia and Zuri are friends?

It's easy to judge someone by what you see on the outside, but differences are what make us exceptional. Do you have a friend that is very different than you? Draw a picture of the two of you together.

## The Empathy Project



My name is Mrs. Bonner and I teach with Mrs. G. We are very different, but I still consider Mrs. G my friend. Look at the ways we are different and the ways we are similar.



**I am an only child.**  
**I live in a small town.**  
**I am over 50 years old.**  
**Both of my children are older than 18 years old.**

**Mrs. G has a sister.**  
**She lives in an urban area.**  
**She is younger than 50.**  
**Her son is not even one year old.**

We are alike because we are both teachers. We both teach gifted. We are both married and have a child/children. We have both taught over 15 years. We both enjoy art. We both think teaching IMPACT is the best job we have ever had!

# The Empathy Project

## What did we learn today?

Today we saw two different groups of friends that are very unique.

1. Explain now people can be very different, but still be friends.
2. How can accepting difference help you at school?
3. Make a list of the differences/similarities you have with a friend from school.

**Now let's take a look at disagreeing respectfully.**



# Disagreeing Respectfully



1. Don't make it personal. Remember you are upset with the **idea**, not the person.
2. Avoid putting down the other person's ideas and beliefs.
3. Use "I statements" to communicate how you feel, what you think and what you need.
4. Listen to the other person's point of view.
5. Stay Calm!! No yelling, sarcasm or hurtful comments.

# How to Disagree Productively



1. You must separate ideas from identity (from the person).
2. Both people must be **open to persuasion**.
3. Debate requires that we engage with a conflicting idea, directly, respectfully and face to face.
4. People who disagree the most productively, start by finding **common ground**.
5. Identify the thing that everyone can agree on and go from there. (Shared Reality)
6. You must engage with the best, clearest, least personal version of the idea.
7. You must wonder, “What will it take to change my mind?”



# Active Listening

## REMINDER:

### 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**  
**S**horter than the text  
**U**se your own words  
**M**ain ideas only 

**Summarize**  
Recap key facts

# The Empathy Project

## What did we learn today?

1. Name two ways you can disagree respectfully.
2. What is the most important thing to remember about disagreeing productively? Why?

REVIEW: Can you remember three steps in active listening?

**Let's look at responding  
with compassion!**



# The Empathy Project

## What is compassion?

Compassion is being aware of other people's feelings and needs then acting to help them.

- Pay attention to people.
- They try to help people.
- Think of others, not just your own needs.
- Detect people's suffering and try to help.
- Treat people well without expecting a reward.



# The Empathy Project

## Compassion in Action!

This video talks about several ways you can show compassion in action. Make a list of as many things you can do to show someone you know compassion.

When you take the time to understand others, you get along better!



# The Empathy Project

## What did we learn today?

1. Explain how you can show compassion to others.
2. How does compassion help you get along with your classmates?
3. Tell you parent a story about a time you showed compassion to someone.

**Project Time!**



# The Empathy Project

## Your Final Project!

Help other IMPACT students practice perspective taking, accepting differences, disagreeing respectfully, and responding with compassion. You have several [options](#) to create a project that will help other students understand these elements of empathy.

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

