

SUBJECT: UNDERSTANDING BASIC SOCIAL AND CIVIC RESPONSIBILITIES

**LESSON NAME: 5 SKILLS TO DEVELOP EMPATHY**

Overview	
Time Needed	60 minutes
Materials Needed	<ul style="list-style-type: none"> <li>• Cards listing each of the Five Skills to Develop Empathy - one skill per card</li> <li>• Emotional stimulus (a current event in the community, a picture from a newspaper/book/magazine, etc.)</li> <li>• Laptop</li> <li>• Projector</li> <li>• Speakers</li> <li>• Internet Access</li> </ul>
Learning Objectives	<p>Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Define and understand empathy</li> <li>2. Learn the Five Skills to Develop Empathy</li> </ol>
Common Core Standards Met	<p>History &amp; Social Studies (Grades 6-8)</p> <p><a href="#">CCSS.ELA-Literacy.RH.6-8.3</a> Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered).</p> <p><a href="#">CCSS.ELA-Literacy.RH.6-8.4</a> Determine the meaning of words and phrases as they are used in a text, including vocabulary specific to domains related to history/social studies.</p> <p><a href="#">CCSS.ELA-Literacy.RH.6-8.8</a> Distinguish among fact, opinion, and reasoned judgment in a text.</p> <p>Speaking &amp; Listening (Grade 7)</p> <p><a href="#">CCSS.ELA-Literacy.SL.7.1.c</a> Pose questions that elicit elaboration and respond to others' questions and comments with relevant observations and ideas that</p>

	<p>bring the discussion back on topic as needed.</p> <p><a href="#">CCSS.ELA-Literacy.SL.7.1.d</a> Acknowledge new information expressed by others and, when warranted, modify their own views.</p>
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Step-By-Step	
Anticipate	Write the word “empathy” on the board and ask, “Can anyone define empathy?” After discussion, write the definition on the board: “Empathy: the ability to understand and share the feelings of another person.”
Explain	Inform the class that today’s lesson will focus on empathy and how that relates to being a good citizen/resident of our island.
Discussion	<p>Ask the participants to think of a time when someone showed them empathy or when they showed someone else empathy. List up to ten (10) responses on the board.</p> <p>Note which responses are similar.</p>
Activity	<p>On five cards, introduce the 5 Skills to Develop Empathy:</p> <ol style="list-style-type: none"> <li>1. <b>Watch &amp; Listen:</b> What is the other person saying, and what is their body language?</li> <li>2. <b>Remember:</b> When have you felt the same way?</li> <li>3. <b>Imagine:</b> Imagine how you might feel in that same situation. Validate the wide range of emotions that might come up.</li> <li>4. <b>Ask:</b> Ask how that person is feeling.</li> <li>5. <b>Show You Care:</b> Let them know that you care through your words and actions.</li> </ol> <p>Provide an emotional stimulus relevant to the participants (a current event in the community, a picture from a newspaper/book/magazine, etc.) Use the 5 Skills to analyze the stimulus and practice developing empathy.</p> <ol style="list-style-type: none"> <li>1. <b>Watch &amp; Listen:</b> What is happening? How does the person feel? How can you tell? What do their words say? What does their body language say? Does what they say match what their body language?</li> <li>2. <b>Remember:</b> When have you felt the same way? Ask, “When did something like this happen to you?”</li> <li>3. <b>Imagine:</b> Imagine how you might feel. Ask the class for examples of</li> </ol>

	<p>what it might feel like and how they might act in that situation. Examples: “I’d be sad,” “I’d feel embarrassed,” “I’d want to hit back,” etc.</p> <p>4. <b>Ask:</b> Find out how that person is feeling. Have participants provide examples of what they could say to someone, such as: “Are you okay?” “How are you feeling?” “Can you tell me what happened?”</p> <p>5. <b>Show you Care:</b> Ask the participants how to show someone that you care and list their answers on the board. Examples: Listen with all of your attention (put the phone away, eyes on the person), Stay with them (don’t leave), Say, “I’m sorry you’re feeling this way,” Encourage them, Ask them how you can help, Etc.</p> <p><b>Accommodations and Modifications:</b></p> <ul style="list-style-type: none"> <li>• Participants who need extra assistance may be given pre-made materials in which they only need to fill in certain pieces of missing information.</li> <li>• Participants who need to be challenged may be required to find additional information or be given a special project he/she can share with his peers.</li> <li>• Create lessons based on a child’s Individualized Education Plan (IEP) or English Learner (EL) accommodations and modification checklist.</li> </ul> <p>** Lesson adapted from Project Happiness’s <i>Lesson 7: Empathy</i> found at <a href="https://www.edutopia.org/pdfs/blogs/edutopia-taran-lesson7empathy.pdf">https://www.edutopia.org/pdfs/blogs/edutopia-taran-lesson7empathy.pdf</a></p>
Discussion	<p>De-Brief the Activity: Engage in a discussion with the participants. Examples of questions:</p> <ul style="list-style-type: none"> <li>• Does this seem like something you can or will do? Why or why not?</li> <li>• What makes people <u>not</u> want to act with empathy?</li> <li>• What could happen to our island, village, community, or family if people don’t have empathy for others?</li> <li>• What are other ways you can show empathy in your family, community, village, and island?</li> </ul>
Close	<p>Video: Importance of Empathy – President Barack Obama <a href="https://youtu.be/Ft_M5tXRr28">https://youtu.be/Ft_M5tXRr28</a></p> <p>Video: Stand In someone else's shoes <a href="https://youtu.be/zh55e6U_XPM">https://youtu.be/zh55e6U_XPM</a></p> <p>Video: Under the surface <a href="https://youtu.be/AZ-pU7ozt3g">https://youtu.be/AZ-pU7ozt3g</a></p>