



The Dog's Tale Empathy

Empathy Overview

Definition and Helpful Vocabulary:

- **Sympathy** - Feelings of pity and sorrow for someone that has experienced misfortune.
 - "I see a friend get hurt on the playground and I feel sorry for them."
- **Empathy** - The act of choosing to feel what someone else is feeling or see a situation through another person's perspective.
 - "I see a friend get hurt on the playground and I choose to feel what they are feeling since I have also been hurt on the playground."
- **Compassion** - When you choose to act on your feelings of sympathy or empathy and do something for the other person.
 - "I see a friend get hurt on the playground, I know what that feels like so I run over to them and comfort them by giving them a hug."

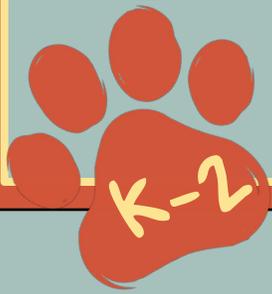
Benefits of Teaching Empathy:

Building empathy is an important developmental process as children are typically more inclined to think about themselves and their immediate needs. Explicitly teaching empathy is critical in order to build the life long skill of being able to view life and the world from different viewpoints. Here are just some of the benefits of teaching empathy.

- It helps students build a sense of security and stronger relationships with other children and educators, positioning them well for learning.
- It encourages tolerance and acceptance of others.
- It promotes good mental health.
- It promotes social harmony and can reduce the likelihood of bullying.

Here is a link to a helpful infographic for a better understanding of empathy.

<https://www.happify.com/hd/empathy-can-change-your-life-infographic/?srid=hfp>



Pawsitively SEL Empathy Support

Discussion Starters

- "How do you feel when someone is kind to you?"
- "Did you see someone getting laughed at today? How do you think they felt?"
- "When should you practice empathy at recess? What about in the classroom?"
- "Should you practice empathy at home?"
- "When was the last time you noticed someone being sad? How did you know they were sad?" (repeat for all emotions) "When you are feeling sad, what are some things others can do to cheer you up?"



Picture Books and Read Alouds to Spark Empathy and Compassion

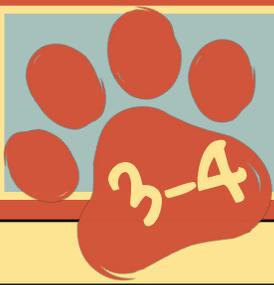
- [Last Stop on Market Street](#), Matt de la Peña (Author) Christian Robinson (Illustrator)
- [Tight Times](#), Barbara Shook Hazen (Author) Trina Schart Hyman (Illustrator)
- [The Spiffiest Giant in Town](#), Julia Donaldson (Author) Axel Scheffler (Illustrator)
- [Sam and the Lucky Money](#), Karen Chinn (Author), Cornelius Van Wright (Author), Ying-Hwa Hu (Author)
- [A Chair for My Mother](#), Vera B Williams (Author, Illustrator)
- [Those Shoes](#), Maribeth Boelts (Author) Noah Z. Jones (Illustrator)
- [Each Kindness](#), Jacqueline Woodson (Author), E. B. Lewis (Illustrator)
- [Zen Ties](#) Jon J. Muth (Author)



Videos That Teach Empathy

- Sesame Street: Mark Ruffalo: Empathy https://youtu.be/9_1Rt1R4xbM
- Puppy Shares Her Blanket Outside To Share With A Cold Stray Do (you will need to read the subtitles to the students and explain as they watch this one. <https://youtu.be/FezsPkemERs>
- Empathy Hero (Song) <https://youtu.be/ObQSP95EYLI>
- Barney: Happy, Mad, Silly, Sad: Putting a Face to Feelings - Clip <https://youtu.be/WKgkrV8Ei8Y>
- Empathy, Become an Emotion Detective <https://youtu.be/XgGKgBosXaE>

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Discussion Starters

- "Did you have a chance to be kind to anyone today? Why or why not?"
- "Did you see someone getting teased today? How do you think they felt? How would you feel if you were that person?"
- "The last time you saw someone get hurt, how did it make you feel? Have you been hurt before? How did you feel?"
- "Turn to your partner and smile really big. What does your partner automatically do? Take turns making different emotion faces and describing how they make you feel."



Books and Read Alouds to Spark Empathy and Compassion

- [Wonder](#) by RJ Palacio,
- [Auggie and Me: Three Wonder Stories](#) by RJ Palacio
- [Mockingbird](#) by Kathryn Erskine
- [Out of My Mind](#) by Sharon M. Draper
- [Moo](#) by Sharon Creech
- [The Invisible Boy](#) by Trucy Ludwig
- [Not So Different: What You Really Want to Ask About Having a Disability](#) by Shane Burcaw

Videos That Teach Empathy

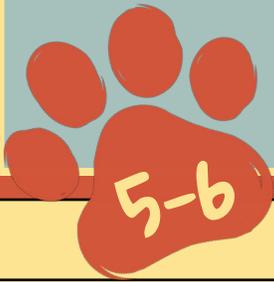
- The Present <https://youtu.be/96kl8Mp1uOU>
- Empathy/Empathy for Kids/Empathy for Children/Empathy for Students (Song) <https://youtu.be/H9A-Hpwp3IU>
- Empathy for students - Episode 1/3 https://youtu.be/ENIB2H3S_oQ
- Take a Walk in Someone Else's Shoes (Song) <https://youtu.be/oQ3LnuQ-nE0>
- Guess the emotion by the sound. Includes clips from the movie "Inside Out" Pair/Shares built into the video <https://youtu.be/nTII0cyUbQo>

Empathy Activities

- Have students create/color "empathy glasses". At various times throughout the week as you are reading or notice particular student interactions; have students put on their "empathy glasses" in order to practice seeing things through another perspective. http://www.firstpalette.com/tool_box/printables/eyeglasses-round.html Use a diecut or here is a link to free glasses template.
- Divide students into groups and give them each a scenario that is typical for your grade. Provide five minutes for groups to come up with a skit that shows empathy and compassion being practiced in that scenario. i.e. someone is sitting alone at recess or lunch.
- Randomly display the body language and facial expressions of different emotions, prompt students to pair-share the emotion you are feeling and how they know you are feeling that emotion. Have partners take turns showing that emotion to each other.



Pawsitively SEL Empathy Support

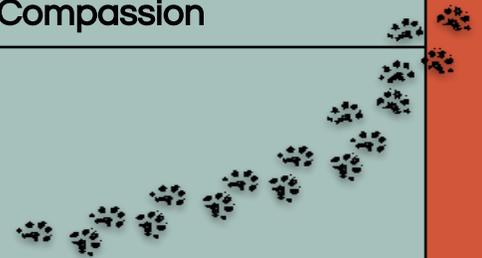


Discussion Starters

- "How do you think others feel when you are kind to them?"
- "Did you see anyone being teased or bullied today? How do you think they felt? How would you feel if you were that person?"
- "A student in your class has a disability and has an aide with him/her at all times. You notice that the aide is not paying attention and the student's materials have fallen to the floor. Discuss how to practice empathy and compassion in this situation. Is it harder to practice empathy when it makes you feel uncomfortable?"
- "A student in your class practices a religion that is different from yours. They have to wear a unique item of clothing everyday. How do you think they feel? How would you feel if you had to dress differently than all your classmates?"

Books and Read Alouds to Spark Empathy and Compassion

- [Counting by 7s](#) by Holly Goldberg Sloan
- [Because of Mr. Terupt](#) by Rob Buyea
- [Rules](#) by Cynthia Lord
- [Wishtree](#) by Katherine Applegate
- [A Whole New Ballgame: A Rip and Red Book](#) by Phil Bildner



Videos That Teach Empathy

- The Present <https://youtu.be/96kl8Mp1uOU>
- Emotions Bingo: Free bingo board and video game. To make it more challenging, have student groups act out situations instead of using the video.
<https://youtu.be/Qf5KdVrGgTA>
- Identifying feelings. Excellent review, narrated by a student. <https://youtu.be/VL5MvZKqVZA>
- Got Empathy, What is it? Narrated by student, kid act out scenarios
<https://youtu.be/nz0civMlaow>
- Life Vest Inside - Kindness Boomerang - "One Day" The power of passing kindness. Watch it one time through without stopping. Play it a second time and pause after each scenario. Have students pair share what they would feel if they were each person in the situation.
<https://youtu.be/nwAYpLVyeFU>
- Video on explanation of empathy vs. sympathy by Dr. Brene Brown
<https://youtu.be/1Evwgu369Jw>

Empathy Activities

- If technology is available have individual students or groups develop a digital presentation or video that explains empathy to their peers.
- Create an empathy map on a bulletin board. Section off four quadrants and label each: Feel, Think, Say, Do. Using stickies model a personal example. i.e. "When I *feel* nervous, I *think* I might be doing something wrong, I often apologize (*say*) more than I need to and take (*do*) deep breaths". Both you and the students can add to it throughout the empathy month. Teachersguild.org
- Throughout the month as you read with the students and/or encounter various typical school situations consistently model empathy in the situation. i.e. "When I read that scenario in the story, I can imagine what it feels like to"... "If I were in their shoes I would feel"...
- Have students draw various types of shoes and write a short story that goes along with the shoes that illustrates practicing empathy.

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Empathy Support

Practicing Empathy as a Teacher

Empathy is a powerful skill that allows you to see and appreciate the world through the perspective of others. As teachers, a huge portion of our day would be less stressful if we could just get all our students to practice empathy and might I add, intentionally practice it ourselves. "This isn't just a nice thing to do; it's an essential, active skill," claims Homa Tavangar, writing for Edutopia.com. "It's foundational to embracing differences, building relationships, gaining a global perspective, conducting richer and deeper analysis and communicating more effectively." Here are some great professional articles to help support your own empathy practice as you set a model for your students:

The Need for Empathy Everywhere

<http://geiendorsed.com/blog/learning-environment/empathy-in-the-classroom-more-important-than-ever/>

A Rational for Empathy in the Classroom

http://www.empathyed.org/index.php?option=com_content&view=category&id=37&Itemid=63

Empathy in the Classroom: Why should I care?

<https://www.edutopia.org/blog/empathy-classroom-why-should-i-care-lauren-owen>



One doesn't have to operate with great malice to do great harm. The absence of empathy and understanding are sufficient.

Charles M. Blow

Purposefully practice empathy in your own life in order to support your students practicing empathy.

Here is an activity to try from Edutopia: Identify someone who bothers you, who you are having a difficult time with. This could be a student, a colleague, or a boss. Discreetly attempt to take a photo with your phone of the person's shoes. If you can't do this, then pay attention to their shoes and make a mental note of them, or even create a

sketch. Throughout the course of the day, imagine being in this person's shoes. Use whatever knowledge you have about them to imagine them putting on their shoes in the morning, getting to school, going through their day, leaving school at the end of the day, going home, and so on. At the end of the day, record your reflections. What was the experience like? How did you feel? How did your thoughts and feelings about the other person shift?

Class Ideas:

- Create a bulletin board that represents a dog park. Explain that as a class you are going to take the dog to play at the park. Use the paw on the attached page for you and students to recognize and celebrate when someone is seen practicing empathy. Place the dog paws on the bulletin board to create a "walk around the park" scene.
- Throughout the day as you transition from one task to the next take an empathy break. Propose a situation to the students and have them pair-share how they would practice empathy in that situation. Use scenarios that you see happening around you throughout the school day.
- Encourage and recognize students who practice empathy by using the Think Pawsitively Paw.

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have a board
for each SEL
Concept.**

<https://www.pinterest.com/pawsitivelysel/empathy/>

