



Overview

Empathy serves to connect us and sometimes protect us. Humans are social animals. Our ability to read each other's nonverbal cues is critical for harmonious coexistence. Empathy can be seen as a sort of antenna, detecting the signals of different emotions: joy, sadness, comfort, fear, affection, or even malintent that others may be experiencing. This lesson offers tools for growing our active listening and observation skills as a path toward better understanding our capacity for empathy.

Priming Activity

Teacher Self Care - a story sharing and receiving experience

Discussion Topics

Empathy Video - This video can serve to prepare you for classroom discussions around the topic of empathy or it can be shared with students directly.

Creative Routines

Pass the Fish - a collection of open ended questions built to encourage student sharing, practice listening, and cultivate belonging

Mirroring for Empathy - Mirroring is a common theater exercise that helps bring presence to actors; it's a form of listening with your body.

Step into the Circle - a *getting to know you* activity that builds connections through exploring commonalities

List Making Exercise - an opportunity to consider the top notch listeners in your life

Creative Challenge

Try on a Fear - This activity helps us practice empathy and perspective taking. It cultivates belonging through story sharing, active listening, and practicing vulnerability.

Reflections, Extensions, and Resources

Empathy Resources - a collection of articles and videos for deepening discussion and exploring adjacent ideas