



CEDAR
INTERNATIONAL
SCHOOL
BRITISH VIRGIN ISLANDS

Stand in One's Shoes: Teaching

EMPATHY

to Students

The Solution Studio

EMPATHY is the experience of understanding another person's condition from their perspective. You place yourself in their shoes and feel what they are feeling (Psychology Today, 2017).

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Why Teach Empathy to Students?

1. Empathy builds positive classroom culture.

- ❑ Bob Sornson (2014) asserts: "Empathy is the heart of a great classroom culture."
- ❑ Through empathy, students learn to understand each other, build friendships based on positive relationships of trust and develop student-teacher relationships.

2. Empathy strengthens community.

- ❑ Empathy sets students up to deepen relationships with their current classmates and people that they know outside of school.
- ❑ As children learn empathy skills by communicating cross-culturally with their classmates, those skills will transfer to their lives in their community.
- ❑ The effects of community extends outside the four walls of the classroom.

3. Empathy prepares your students to be leaders in their community.

- ❑ Our students must be able to empathise with those whom they lead in order to make them feel valued.
- ❑ This validation will strengthen trust between the leader and followers.
- ❑ As teachers, we must equip our students to be the future leaders of our communities and beyond.

Source:

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

www.edutopia.org/pdfs/blogs/edutopia/taran-lesson7empathy.pdf

Five Skills to Develop Empathy

1. **Watch & Listen:** What is the other person saying and what is their body language?
2. **Remember:** When did you feel the same way?
3. **Imagine:** Imagine how you might feel in that situation. Validate the wide range of emotions that come up.
4. **Ask:** Ask how the person is feeling.
5. **Show You Care:** Let them know that you care through your words and actions.



*thenewageparents.com/teaching-our-children-the-value-of-empathy/
<https://www.edutopia.org/blog/empathy-back-to-school-supply-homa-tavangar>*

The Empty Roadmap

Step 1 – Prepare. Create the conditions in which empathy can thrive.

- **Create a safe space:** A trust-based environment is core to unlocking empathy.
- **Lead by example:** Consider what empathy looks like in your interactions and model this.
- **Develop emotional competency:** Understand and manage your own emotions to identify and interpret these emotions in others.

Step 2 – Engage. Take action that suits your personality and interests.

- **Group Play:** Empathy begins on the playground.
- **Storytelling:** Stories challenge our preconceptions, enabling us to wear the shoes of those whose experiences are different from our own.

Source:
combiboilerssleeds.com/image.php?pic=/images/empathy/empathy-4.jpg

- **Immersion:** We learn to look beyond labels and stereotypes but shift to deep understanding.
- **Problem Solving:** The act of collaboration builds empathy through shared challenges and victories.

Step 3 – Reflect and Act. Action and reflection complete the circle, and form a vital distinction between "teaching to the test" versus internalising knowledge and making a difference with that learning.

- **Identify Shared Values and Differences:** Recognising shared humanities in others but also naming and appreciating differences.
- **Instill Courage:** Go beyond praising the right behaviours.
- **Enable Action:** Create opportunities where kids can put empathy into action.

www.psychologytoday.com/basics/empathy



You never really understand a person until
you consider things from his point of view

- Harper Lee

Point of View Quotes



www.brainquotes.org

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