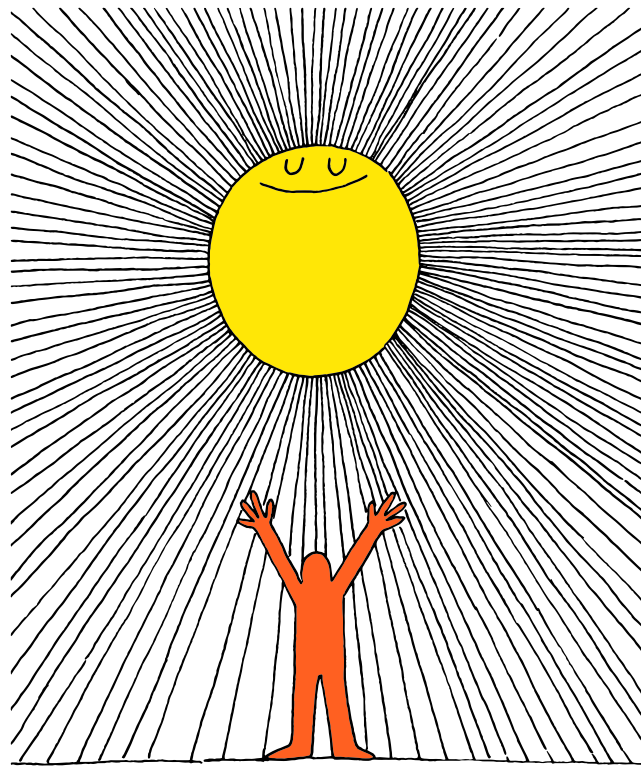


WELL-BEING CANADA CURRICULUM
**Learning About Empathy
and Compassion**



KINDERGARTEN TO GRADE 3

Lessons 8 and 9

THE ROAD TO POSITIVE WELL-BEING IN EVERY CLASSROOM STARTS HERE

WELL- BEING CANADA



Well-being Canada is an educational program that uses evidence-based tools, resources and everyday actions to nurture and promote positive well-being in students of all ages.

This resource is focused on supporting K-3 level build the foundation of social-emotional learning and support educators in the integration of well-being into your classrooms.

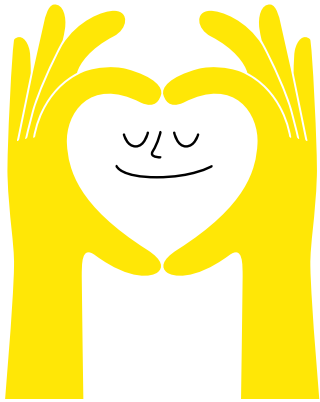
The collection of 15 lessons is easy to use, classroom friendly and provide tools and activities to nurture well-being in your students.

The Road to Empathy



LESSON 8

THE ROAD TO POSITIVE WELL-BEING IN EVERY CLASSROOM STARTS HERE



Purpose

The purpose of this lesson is to introduce the positive human quality empathy. Via experiential learning, students will learn about the role of empathy in their lives and in their relationships. These concepts will help support students in an upcoming lesson on compassion.

Objectives:

- Students watch or listen to a story that serves as a catalyst for conversations about empathy.
- Students investigate and learn about empathy.
- Students apply their knowledge in a series of scenarios designed to foster empathy.

Estimated Time:

40 to 45 minutes

Materials:

Projector and screen or monitor; writing paper; chart paper, markers, whiteboard/chalkboard or SMARTboard

Skills Learned:



CRITICAL THINKING



COMMUNICATION SKILLS



REFLECTION SKILLS



SELF-CARE SKILLS



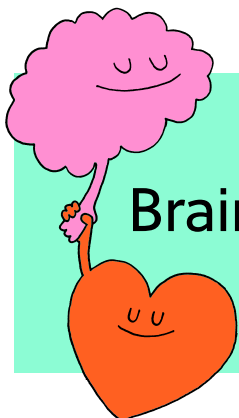
SELF MANAGEMENT SKILLS



SOCIAL AWARENESS SKILLS



SELF-AWARENESS SKILLS



Brain Bites

What's good for the body is good for the brain. What's good for the brain is good for the body! Throughout the lessons you will find brain icons with actions and facts about the brain. It is important for students to understand the importance of the brain and how it impacts our well-being.

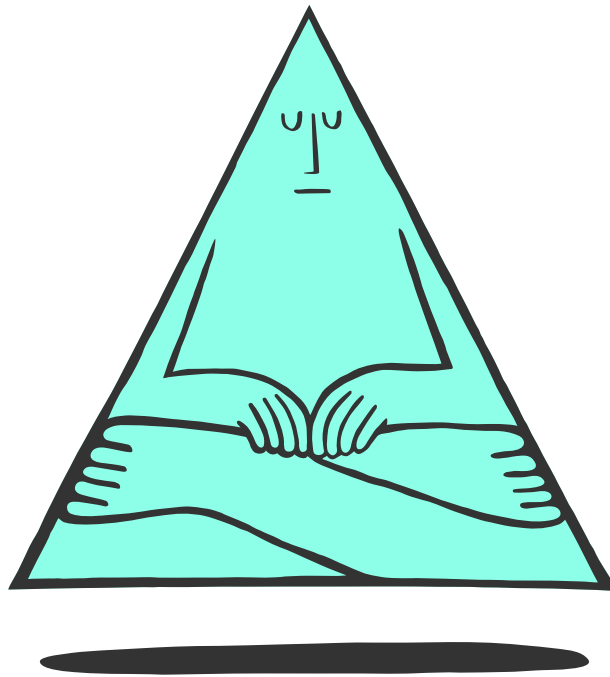
Part 1: Reflect and Connect (5 minutes)

Mindful Start (optional)

Objective: To prepare students for learning; to review lessons on mindful breathing.

Invite students to take a short mindful break.

- Let's begin by taking a short mindful moment.
- First, find a comfortable seat in your chair. Place your feet flat on the ground. Rest your hands on your lap. (Alternate: First, find a comfortable seat on the carpet. Rest your hands on your lap.)
- If it feels comfortable, you can close your eyes. If not, just look softly down toward your desk (or the floor).
- Now, just begin by noticing how your body feels sitting here.
- No need to do anything but notice what you feel.
- Turn your attention to your breath for a few moments.
- Try taking two more deep breaths in through your nose and slowly breathe out through your mouth. See if you can notice your breath filling up your belly...
- Before we start our lesson today, reflect for a moment on our work on gratitude. You might think about something that you feel grateful for ... maybe a kind action from somebody or something in nature that made you happy.
- When you are ready, you can open your eyes.



Part 2: Reflect and Celebrate (15 minutes)

Step 1: Set the Stage

Overview: *The intention of this story/video is to provide students with a touchpoint for a conversation about empathy. Select either a video or book (see video and book lists at the end of this lesson) to spark students' thinking about empathy.*

Directions to students:

We are now going to watch a short video (or read a short story). As you listen/watch, notice what you think and feel.

After the video or story, ask students to either write down or share out loud (depending on grade level) how they think the people from the story might have been thinking or feeling during specific events that happened in the video.

Ask students: What do you think the main person in the story was thinking and feeling?

Write their ideas on the board. You may make a chart to outline how the main person was feeling during key points in the story. For developing readers, you may also include symbols or colour-code different emotions to support comprehension.

Step 2: Learn

Ask students if they have ever heard the word "empathy" before. Gather students' prior knowledge and thoughts about empathy, if any.

If students need a nudge, ask if they have ever heard the term "walking in someone else's shoes." Does this elicit any thoughts about what empathy might mean? Next share the following definition:

- Empathy: Understanding and sharing the feelings of another person.

Project or write the definition on the board.

Ask students how they think empathy (understanding how someone else might be feeling) could help us with creating a caring classroom.

Lastly, unpack the definitions a little more to ensure comprehension. Empathy helps us form healthy relationships and communities. Is there anything I missed? What questions do you have?

Part 3: Application—Empathy Scenarios

(20–30 minutes)

Step 1: Empathy and Emotions

Objective: Students will practice perspective-taking and empathy via scenarios. Educators will select from the following scenarios and invite students to reflect on how they might feel if they were in that position.

As a challenger for older students, write each scenario on chart paper and post around the room. Invite students to visit each scenario page and write down the emotion they think the person might be feeling. For developing readers, read each scenario aloud and have students raise their hands to share their thoughts.

First, with your students, brainstorm a list of emotions and project or write them on the board.

Examples:

Happy	Sad	Angry
Excited	Disappointed	Frightened
Calm	Upset	Frustrated
Relaxed	Discouraged	Surprised

Step 2: Empathy Scenarios

Next, select from the following list of scenarios or come up with your own scenarios that best fit your students' cultural context:

- A classmate found out she was not included in an invitation for the birthday party of another classmate.
- A classmate has worked on a science project about a topic they're passionate about. They have put weeks of effort into the project and get selected to present their project in front of the whole school.
- One of your classmates has not studied for a test that you have tomorrow.
- A group of students at your school have started a fundraising campaign to give clean water access

to a community in need. They received twice the amount of donations they expected, doubling their fundraising goal.

- A classmate scored the winning goal in their soccer game.
- Your friend is going to their very first karate class and they don't know anyone there.
- Your friend lost their favourite necklace, which was a special gift from a loved one.
- A classmate really wants to play hide-and-seek at recess, but all of their friends want to play a different game.

Share each scenario and then invite students to reflect on what emotions might be present for the student character in the scenario.

Invite students to then share their ideas in small groups or as a class.

Guiding questions for students:

1. What might the student be thinking?
2. What might this student be feeling?
3. Have you ever felt that way?

Step 3: Reflection

Invite pairs to share out their scenarios and ideas for showing empathy toward their character.

Following the empathy scenarios, debrief with your students.

- How does empathy help our relationships with others?
- Give students the key message: Empathy is important for our well-being. **Empathy helps us to have positive relationships with others!**

Teaching to Diversity

Optional: Use the following ideas to help you to calibrate the lesson to your particular group of students.

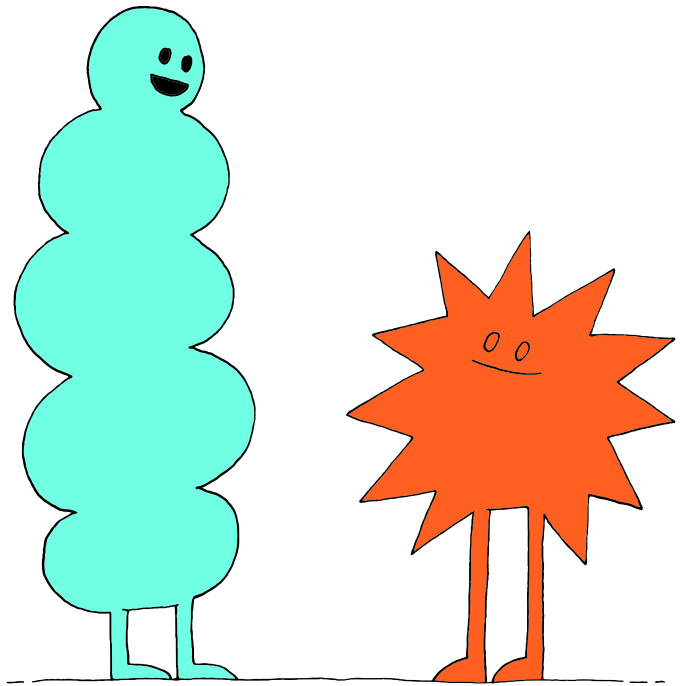
Differentiation

- Break this lesson up into several lessons, in order to give students more time and opportunity to process and absorb each abstract concept.
- Provide additional concrete examples of empathy. Sometimes providing examples of the opposite of each concept helps to give more of a context.
- Choose and assign scenarios to match each student's abilities.
- Give students advance access to the video or story you will be showing so they can become more familiar with it.

Challengers

- Instead of providing the definition for empathy, ask students to look up the definition online or in the dictionary.
- Add a written component to Think-Pair-Share activities by having students write down their ideas.
- Instead of watching the video as a group, break students into small groups and have each group find their own video to discuss and present.

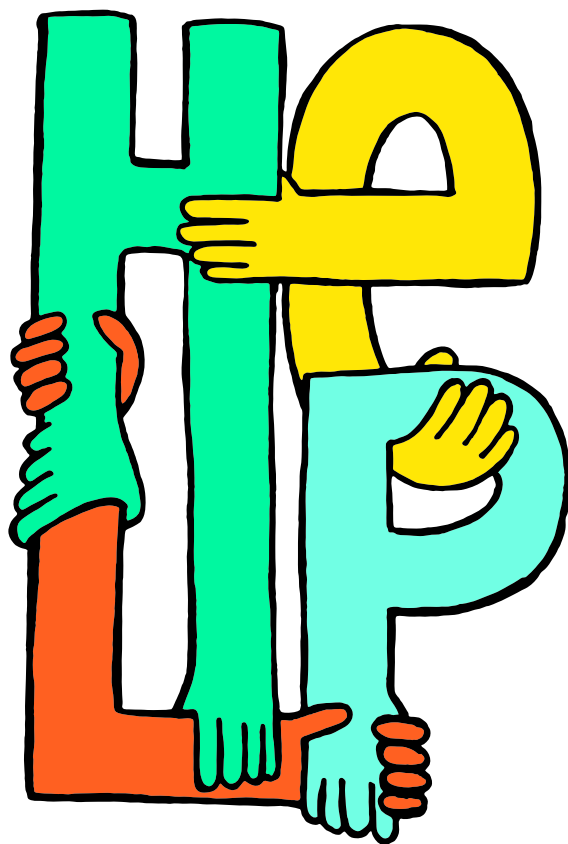
- Book study: Invite students to choose a book from the book list and do a book study.
- Create a worksheet with reflection questions to help students organize their thoughts on their chosen book.



GABA (gamma-aminobutyric acid) is something in the brain that helps us sleep. What are some healthy ways to boost GABA?

- Practice mindfulness or yoga
- Exercise
- Eat healthy food like bananas, almonds, spinach, potatoes, lentils, brown rice and citrus fruits (oranges, grapefruits and lemons)

The Road to Compassion



LESSON 9

THE ROAD TO POSITIVE WELL-BEING IN EVERY CLASSROOM STARTS HERE



Purpose

The purpose of this lesson is to introduce the positive human quality compassion. Via reflective and critical thinking and experiential learning, students will learn about the role of compassion in their lives and in their larger community. These concepts will help support students in an upcoming lesson on altruism.

Objectives:

- Students consider a quote that serves as a catalyst for conversations about compassion.
- Students investigate and learn about compassion.
- Students apply their knowledge in a series of scenarios designed to help them understand how empathy moves into action with compassion.

Estimated Time:

This is a multi-part lesson consisting of two 30- to 40-minute activities.

This lesson can be completed over several days.

Materials:

Projector and screen or monitor; writing paper; chart paper, markers, whiteboard/chalkboard or SMARTboard

Skills Learned:



CRITICAL THINKING



COMMUNICATION SKILLS



REFLECTION SKILLS



SELF-AWARENESS SKILLS



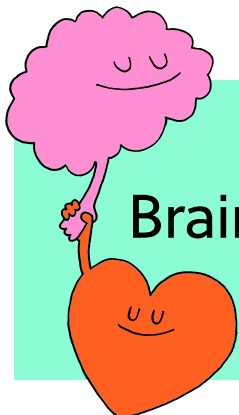
SELF-CARE SKILLS



SELF MANAGEMENT SKILLS



SOCIAL AWARENESS SKILLS



Brain Bites

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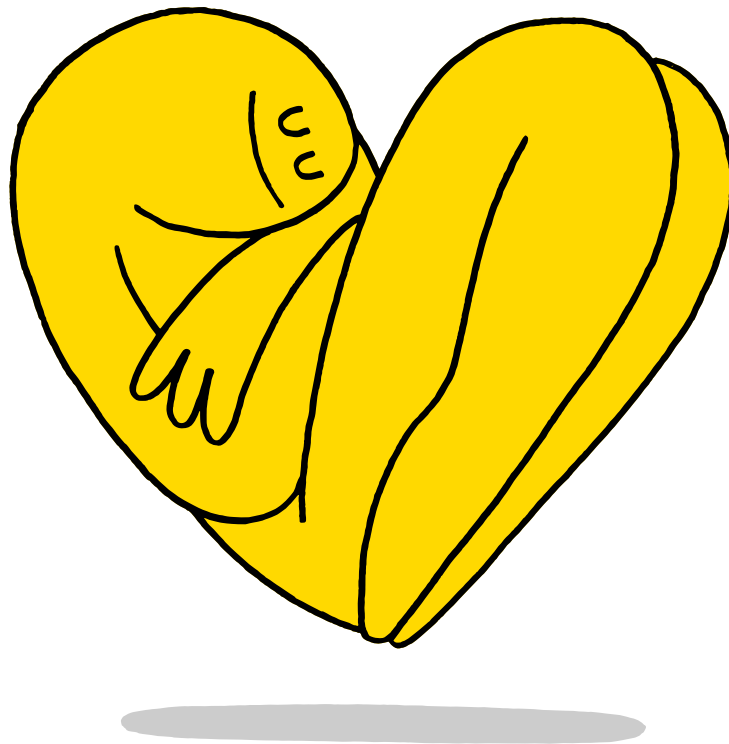
Part 1: Reflect and Connect (5 minutes)

Mindful Start (optional)

Objective: To prepare students for learning; to review lessons on mindful breathing.

Invite students to take a short mindful break.

- Let's begin by taking a short mindful moment.
 - First, find a comfortable seat in your chair. Place your feet flat on the ground. Rest your hands on your lap. (Alternate: First, find a comfortable seat on the carpet. Rest your hands on your lap.)
 - If it feels comfortable, you can close your eyes. If not, just look softly down toward your desk (or the floor).
 - Now, just begin by noticing how your body feels sitting here.
- No need to do anything but notice what you feel.
 - Turn your attention to your breath for a few moments.
 - Try taking two more deep breaths in through your nose and slowly breathe out through your mouth. See if you can notice your breath filling up your belly...
 - Before we start our lesson today, reflect for a moment on our work on gratitude. You might think about something that you feel grateful for ... maybe a kind action from somebody or something in nature that made you happy.
 - When you are ready, you can open your eyes.



Part 2: Investigate and Learn (20–30 minutes)

Step 1: Review: Empathy

Overview: *The intention of this activity is to provide students with a touchpoint for a conversation about compassion.*

Directions to students:

- Ask students to think back to your earlier conversation about empathy. Do they remember what empathy means?
- Have students remind you of the shared definition of empathy that they came up with together as a class.
- Lastly, unpack the definitions a little more to ensure comprehension.
- Invite students to reflect back on the empathy stories and scenarios you explored together as a class. What do they remember from the activity? Why is empathy important?

Step 2: Learn

Ask students to consider the term “compassion.” Have they heard it anywhere before? Spend a few moments gathering students’ prior knowledge of the term.

- Share this definition with the class: Compassion is concern for the well-being of someone who is suffering and a desire to ease that person’s suffering. (Alternatively: Compassion means we care about others, treat them with kindness and feel a strong desire to help people in need.)

Project or write the definition on the board.

Next, invite student ideas. Select prompts from the following guiding questions to spark critical thinking and help students access their previous knowledge about the concepts.

- What do you already know about compassion?
- Where have you heard about these terms? (Note that it is okay if students are not sure or unfamiliar with the terms.)
- What does compassion look like in your life?
- How might compassion help in your friendships?
- How does compassion impact our community? Lastly, ask students to think critically about the connection between empathy and compassion.
- How is compassion the same or different from empathy?
- **Definition reminder:** Empathy is the ability to understand and share the feelings of another. Nudge students to think of compassion as “empathy in action.” (First we understand the feelings of another and then we consider what we could do to help that person feel better and we do that thing.)
- Is there anything I missed?
- What questions do you have?

Part 3: Application—From Empathy to Compassion (20–30 minutes)

Purpose: To help students apply their ideas about how empathy moves to compassion, students will be given scenarios and imagine what might be helpful if they were in their character's situation.

Then, students will consider actions they could take in that situation to help their character.

Overview: As a class, students will explore a variety of scenarios (found at the end of this lesson). First, students will describe how their character might feel. Then, they will come up with ideas for ways to express compassion to their character.

Read out scenarios one by one to the class. (To challenge older students, you may split the class into small groups or pairs and have them dive deeper into each scenario before sharing their thoughts as a class.)

Follow these three steps and write student ideas on the board (suggestion: organize thoughts into chart form):

1. What might your character be thinking and feeling?
2. Have you ever felt that way?
3. What actions could you take to show empathy and compassion to your character?

Optional: Extend this activity by inviting students to put on a short skit of a scenario that they come up with. This helps to ensure examples are meaningful and relevant to your students' experience. Students can be put into groups of three to four.

Suggestions for scenarios:

- There is a new student joining the class.
- A student is being teased. (What would the bystanders do?)
- A student is left out of a game.
- A student lost their favourite toy in the schoolyard.

(Additional scenarios available at the end of the lesson.)

Reflection

Following the compassion scenarios, debrief with your students.

- How do empathy and compassion help our relationships with others?

Give students the key message:

- Empathy and compassion are important for our well-being. Empathy and compassion are central to having positive relationships with others because it helps us show others that we care.

Part 4: Daily Action (20 minutes)

See the Empathy and Compassion Daily Actions that are provided at the end of this lesson. Ask students to consider Daily Actions that they could bring into their own life

- Using the Daily Actions or your own ideas, think about how you can add more empathy and compassion in your life at school, in your community and at home.

- Invite students to select one of these ideas to try out and create a reflection (for example, a journal, drawing or poem) of their experience.

Daily Actions for Empathy and Compassion

Daily Actions for Empathy and Compassion are designed to promote transferable learning by inviting students to explore the module topics across four life domains: Self, School, Community and Home.

After implementing the empathy and compassion lessons, students can be provided time to explore each of the following related daily actions.

When introducing these actions, you could explain the science behind them and perhaps provide examples to get students going.

For example, studies have shown that compassionate empathy helps us to connect and better understand one another, which can improve our relationships and overall well-being.

Empathy and compassion are like two peas in a pod. The next time you have a sense of someone else's feelings, notice if it makes you feel like taking action and doing something to help/support them. Following the exploration of daily actions, students are invited to write a personal reflection of their experience applying the daily actions.



Altruism

Helping others, or showing altruism, can be linked to serotonin AND oxytocin production. Serotonin is linked to happiness and oxytocin reduces stress and helps us show empathy to others.

**WELL~
BEING
CANADA**



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